WWF SLAMS CANADA'S GREEN RECORD, PG6

Style pg 22

Jackson confident in his fashion choices

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VANCOUVER • THURSDAY, JULY 2, 2009 metronews.ca

Celebrity Buzz

Madonna shocks 'em in Russia pg 26

Prince of Pot set for farewell tour across Canada

COUNTRYWIDE Vancouver's Prince of Pot begins a final tour across Canada this week before he heads to jail for selling marijuana seeds.

Marc Emery's Farewell tour begins Saturday in Calgary and will head east as far as St. John's, N.L., and as far north as Iqaluit, Nunavut. He hopes to hit every major Canadian city by mid-August.

Emery, who was arrested in 2005 when Vancouver police raided his Hastings Street store at the request of the U.S. Drug Enforcement Agency, had been fighting extradition to the U.S.

In June however, Emery agreed to plead guilty in a Seattle court to serve a shorter sentence.

The tour hits Vancouver Aug. 17 to 18.

METRO VANCOUVER

World pg 8

Girl jet crash's sole survivor

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Vancouver and Canada. This is also a Call to Action for you to send us your suggestions at vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancouver.

On metronews.ca

• See what other Metro readers are doing and saying about SunnySide

Please recycle

Canada Day

KRISTEN THOMPSON/METRO VANCOUVER

Lucia Azevedo, the Queen of Samba, takes part in Vancouver's first annual Canada Day parade yesterday. Thousands of people watched the parade as it moved through the West End prior to last night's fireworks display. Story, pg 3

Sedin twins re-sign

Pair get five-year $30.5M contracts; Ohlund departs for Tampa

KARL YU
for Metro Vancouver

It wasn't exactly the best of times for Vancouver Canucks GM Mike Gillis but it wasn't the worst of times either.

While Gillis failed to add a Scott Niedermayer or a Jay Bouwmeester to the roster, he did have a productive first day of free agency, re-signing Henrik and Daniel Sedin to identical five-year, $30.5-million deals.

"We said from Day 1 that we've always wanted to stay," Henrik Sedin said via a conference call.

"That was our main option but the longer it took, we considered all the possible options for us but we always thought that Vancouver was No. 1."

Vancouver wasn't an option for Mattias Ohlund however, as the longtime Canuck blueliner signed a seven-year, $26.25-million deal with the Tampa Bay Lightning.

"We said from Day 1 that we've always wanted to stay ... we always thought that Vancouver was No. 1."
Henrik Sedin

The twins reportedly sought 12-year deals, similar to one that Detroit Red Wings Henrik Zetterberg signed, but settled on a shorter term.

"We're happy (about the five-year deal)," Henrik Sedin said.

"We wanted to have a fair deal and (Canucks' management and the Sedins) both moved to where we are both happy and it feels good for both parties."

The Sedins aren't the only ones expected to re-sign with Vancouver, it is expected that the hockey club will soon announce an extension for goalie Roberto Luongo.

MORE COVERAGE, PG 14

Occupants refuse to leave shelter

HOMELESS Around 12 people who were locked out of a temporary homeless shelter in False Creek North when it shut down yesterday had to be ordered off the property when they refused to leave.

Representatives from B.C. Housing eventually found most people other accommodation, but some who were offered beds at a hotel on East Hastings Street said they weren't keen on going to the Downtown Eastside.

"The whole reason we were staying here is because we don't want to be at Hastings," said Kodie, a shelter user who didn't want his last name used. "I just don't like being around crime and drug addiction."

Samantha, who didn't want to give her last name, said she's a former a drug addict and prostitute and that her life has improved since coming to the shelter near Granville and Beach streets.

"(If I return to Hastings) I'll go back to turning tricks and doing drugs," she said. "I don't want to go back to that."

KRISTEN THOMPSON/METRO VANCOUVER

Heat

- Five Homeless Emergency Action Team (Heat) shelters were opened in Vancouver in January and were funded until June 30.
- The province extended funding to three Heat shelters and gave a fourth another month, but the fifth was closed due to neighbourhood complaints of disorder.

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Province pegs $3.5M for 2010 torch relays
The province is spending $3.5 million to enhance community torch relays across B.C. for the 2010 Games. The torch will spend 27 days in the province and pass through 268 B.C. communities. METRO VANCOUVER

Local

K.C. Bear back for Canada Day

The PNE's K.C. Bear was back in action for Canada Day festivities only two days after he was stolen out of the back of a transport van. A Vancouver resident returned the mascot to police on Tuesday.
METRO VANCOUVER

Inaugural parade a big draw

Thousands gather to watch spectacle in celebration of Canada

CanadaDay

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Vancouver's first Canada Day parade began with a single police car driving down West Georgia Street and ended with a massive street party when spectators were invited to flood the road.

Thousands of people turned up to watch the event yesterday evening, which many said they hope becomes an annual tradition.

Even Santa Claus made a cameo on his sleigh to promote his own parade.

Jessica Ma of Vancouver said it was interesting that most participants were representing a culture or country — which is indicative of what it truly means to be Canadian.

"I think it was great," Ma said. "It's good to show different cultures and that they can express themselves."

Brenda Mason of Surrey, who watched the parade with her daughter Stella, 2, said she'd like to see more floats and participants representing Canadian icons — like hockey players — next year.

"I think it was great. It's good to show different cultures and that they can express themselves."
Jessica Ma

The parade was the culmination of a day of celebrations across the city.

Earlier, more than 100,000 people filled Canada Place for an annual festival celebrating all things Canadian.

Claude Brunelle, who was head-to-toe in red and white, said he's been dressing up for Canada Day for more than 10 years.

"First two years I just had a flag, and every year I added more," Brunelle said.

Others in costume included a fully dressed hockey player, a luge racer and a Mountie on stilts.

WITH FILES FROM DANIEL TAM

DANIEL TAM/FOR METRO VANCOUVER

A member of the Flying Canucks performs a flip during Canada Day celebrations yesterday outside Canada Place in Vancouver.

Welcoming 61 new Canadians

CanadaDay

DANIEL TAM
for Metro Vancouver

CITIZENSHIP Vancouver officially welcomed 61 new Canadians yesterday morning at a citizenship ceremony held outside the Vancouver Convention Centre.

Maikel Febles

Family, friends and bystanders filled the west end outside the convention centre, cheering their loved ones on as they walked across the stage to receive certificates declaring their Canadian citizenship.

Among the new citizens was Maikel Febles, who came to Vancouver from Cuba five years ago.

"What a great place, what a marvelous place to be," said Febles, who proudly waved his Canadian flag during the ceremony. "It's my country now, it's a dream come true."

Among the officials present was Judge George Gibault, who swore in the new Canadians, and Vancouver Mayor Gregor Robertson, who gave a speech.

"I want you all to repeat these three words: 'I am Canadian,'" Robertson told the newly sworn-in citizens. "You can say that for the rest of your life now, and that is a great honour and privilege.

"Vancouver represents the best of what Canada has to offer."

No charges for dog owner after boy, 3, attacked: RCMP

BITE Mounties will not be recommending charges against the owner of a Neapolitan mastiff that bit a three-year-old child in the face, resulting in 100 stitches, Chilliwack RCMP said yesterday.

RCMP said there was no criminal intent and the mastiff had no record of biting prior to Monday night's attack that left Austin Demeter with deep gashes above and below his right eye.

The boy and his parents were visiting with family when an adult made a "playful" move at one of the children, triggering the bite.

Kim Demeter told media that she had to pry her son's face from the dog's jaws. She said she wants the mastiff, which belongs to her sister, to be destroyed.

METRO VANCOUVER

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Video Soldiers mark Canada Day in Afghanistan with patriotic tank decor and festivities between battles at **metronews.ca/world**
Blogs The 100-Day Raw Food Challenge takes on the task of creating an uncooked pizza

Lotteries

Lotto 6/49	2, 5, 19, 26, 29 & 31 Bonus 28
BC 49	4, 11, 16, 34, 42 & 45 Bonus 19
Extra	7, 27, 40, 84

These results are not official.

Follow Metro on Twitter for news updates and more: **@vancouvermetro**

Arduous bike pilgrimage hits 4th day

BETH CROWTHER
for Metro Vancouver

RACE Yesterday morning, participants in the seven-day B.C. Bike Race awoke to the daily squawking rubber chicken alarm.

The 4:30 a.m. wake-up call came awfully early for racers after three days in the saddle — riding a mountain bike through more than 160 kilometres of twisting, turning, climbing and descending singletrack.

For many of these racers this was their first time in B.C., and for some it was their first time in Canada. It was fitting that on Canada Day they explored coastal B.C. with two scenic ferry crossings — from Comox to Powell River and from Saltery Bay to Earls Cove.

After a quick group photo on the Earls Cove ferry, racers walked off the small vessel, climbed on their bikes and pedalled 1.5 km uphill from the terminal to start their fourth day of racing, and first on the Sunshine Coast.

Singletrack of a different nature was the theme of the day — less rocky but more tight, twisted and peppered with relentless climbing.

Increased sunshine and rising temperatures have also forced riders to learn how to care for their bodies during their long hot days.

DAVE SILVER PHOTOGRAPHY

B.C. Bike Race participants and staff gather on the deck of a ferry yesterday before the start of the day's competition.

News in brief

COLLISION A woman was taken to hospital in serious condition yesterday after an elderly driver in New Westminster crashed into a group sitting on a bench in Queen's Park, news1130.com reports. It appears that the driver hit the vehicle's gas pedal instead of the brake.

COYOTE ATTACK A two-year-old girl suffered bites to her head and ear after she was attacked by a coyote at a Port Coquitlam schoolyard on Monday. Her parents scared away the animal, which was later tracked and killed by conservation officers.

SHOOTING A 36-year-old Abbotsford man was found shot to death Tuesday morning outside a vehicle at Spallin Avenue and Mt. Lehman Road. Police said the shooting appeared targeted.

DRIVING The province hopes to generate some chatter about the use of cellphones while driving. On Tuesday, the superintendent of motor vehicles released a questionnaire and discussion paper on how other jurisdictions have handled the problem of distracted drivers.

TRANSIT The mayor's council on regional transportation joined a number of environmental and labour groups to call for a funding policy for TransLink. The transportation authority is looking for funding of up to $450 million annually.

METRO NEWS SERVICES

Check out celeb gossip guru Perez Hilton at the River Rock Casino

Tickets go on sale today for Perez Hilton's one-night show at Richmond's River Rock Casino Resort in August. Hilton, founder of the celebrity gossip website perezhilton.com, will discuss his work, pop culture and society, as well as answer questions from the audience. **METRO VANCOUVER**

The truth about cats

KARL YU
for Metro Vancouver

ADOPTION The BC SPCA has been inundated with felines from Petcetera's satellite adoption centres, which shut their doors when the pet supply giant filed for bankruptcy.

In Vancouver, the BC SPCA says that its shelter and foster homes are tending to over 230 cats and kittens.

According to Kim Monteith, the BC SPCA's regional animal welfare supervisor, the bankruptcy filing isn't the only reason shelters are overcrowded.

"The time of year, people moving, changing their life situation, (and) we recently had an outbreak of ... the cat cold.

"We had a lot of cats placed in foster (care) and now they're better and coming back to the shelters."

Monteith also cited the failure to spay and neuter pets as another reason for packed shelters.

"When you do bring a pet into your life, you're looking at 15 years with your pet," said Monteith.

"Spaying and neutering and visiting your vet regularly, all this will help keep your animal healthy. You'll have them for the rest of your life. Hopefully, they'll never end up back in a shelter."

News in brief

TRAINING B.C. will pay up to 750 unemployed workers to take wildfire suppression training in hopes of improving the province's ability to fight forest fires. The program will allow the unemployed to aid fire crews, who have been busy trying to contain fires this season.

DRUGS U.S. customs officers arrested a North Vancouver woman for attempting to smuggle ecstasy tablets into the United States.

CARBON TAX The province's carbon tax jumped slightly yesterday to 3.6 cents for a litre of gas from 2.4 cents. The tax, which aims at changing people's behaviours, could raise as much as $550 million this year.

METRO NEWS SERVICES

Runners join bike race

Yaletown Grand Prix adds a running competition

CanadaDay

KARL YU
for Metro Vancouver

The Yaletown Grand Prix is becoming a premier Canada Day event for local bike riders, but organizers wanted to throw in a wrinkle in 2009.

While hundreds of spectators lined the streets between Davie and Nelson hoping to see bikes whiz by, they might've been caught off guard.

"Between a couple of the cycling races we clear the course and we do a five-lap race for runners," said Paul Done, event director of the Yaletown Grand Prix.

"When people go to watch a (marathon), what happens is they see the leaders and people go by once," Done said.

"They never get a sense of the racing. What we're trying to accomplish with this is we're able to show them people racing because they come past multiple times, and we think that's a completely different idea and hopefully something people will really enjoy."

About 250 riders took part in the annual event. Regardless of whether people are running or biking, Done said that the event is good for gaining exposure.

"For the sport of cycling, having downtown events that attract a lot of casual fans creates a lot of energy around the sport," he said.

KARL YU/FOR METRO VANCOUVER

Cyclists round Mainland Street onto Davie Street in one of yesterday's Yaletown Grand Prix races.

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Canada may not agree on oil accord: Cannon
Canada may not embrace an expected proposal by French President Nicolas Sarkozy to work out a fair oil price accord at next week's G8 summit in Italy, Foreign Minister Lawrence Cannon said Tuesday. REUTERS

Canada

Order promotion for Great One

Wayne Gretzky, arguably the greatest hockey player who ever lived, has been promoted to a Companion of the Order of Canada by Gov.-Gen. Michaëlle Jean, Reuters reports. Jean announced the promotion of Gretzky, a National Hockey League hall of famer and current head coach of the NHL's Phoenix Coyotes, along with 59 other appointments yesterday. METRO NEWS SERVICES

Bill puts lives second: MP

Damage limit in nuclear accidents too low, says NDPer

The Conservative government is putting the nuclear industry ahead of the lives of Canadians with a proposed law limiting damages in the event of an accident, a New Democrat MP says.

The government wants to update the Nuclear Liability Act to increase the maximum to $650 million in damages from the current $75 million set in the 1970s, but the NDP's Nathan Cullen said it should be in the billions of dollars.

"The crux of it is how much you can sue for in the event of a nuclear accident," said the MP for Skeena-Bulkley Valley.

Cullen said it's difficult to have confidence in an industry that has to be afforded this kind of protection in the first place, but completely another matter to lowball the cost of human life.

> **"Get somewhere in the ballpark ... into the billions for sure."**
> NDP MP Nathan Cullen

"Get somewhere in the ballpark … into the billions for sure," he said in an interview.

On March 24, 2009, the federal government re-introduced Bill C-20 into Parliament, which proposes to replace the Nuclear Liability Act with a specific civil liability regime for nuclear incidents.

The bill is before the Commons natural resources committee when Parliament resumes sitting in September and the New Democrats are hoping to delay the bill — rag the puck, as it did last go around — so that it falls off the table if and when there is another election.

"The timing is brutal … with the problems we are seeing at Chalk River," Cullen said, referring to the leak of radioactive water that plagued the 52-year reactor in eastern Ontario earlier this year.

In May, Atomic Energy of Canada Ltd. (AECL) announced it had found the source of the leak of radioactive water at the reactor. TORSTAR NEWS SERVICE

Ottawa **Festive mood**

CHRIS WATTIE/REUTERS

Gov. Gen. Michaëlle Jean arrives for Canada Day celebrations on Parliament Hill in Ottawa yesterday. A recent announcement made by Prime Minister Stephen Harper said Jean will open the 2010 Olympics in Vancouver.

Canada among worst of laggard G8: Report

CLIMATE CHANGE With only five months to go until a new global pact on climate change, none of the Group of Eight nations is doing enough to curb global warming, with Canada and the United States ranking bottom, a study said yesterday.

The G8 Climate Scorecards, compiled by environmental group WWF, said even the greenest members of the rich nations' club — Germany, Britain and France — were not on track to meet a "danger threshold" of limiting temperature rises to below 2 C.

G8 leaders gather in Italy next week to discuss the world financial crisis and climate change, hoping to make progress toward a new pact on global warming due to be signed in Copenhagen in December to replace the 1997 Kyoto deal. They will be joined by members of U.S. President Barack Obama's Major Economies Forum in a bid to forge broad consensus.

"While there might be a bailout possibility for the financial system, no amounts of money will save the planet once climate change crosses the danger threshold," WWF head James Leape wrote in the report. REUTERS

Singled out

- Yesterday's annual G8 scorecard singled out Canada, saying Prime Minister Stephen Harper's conservative government had not implemented a plan to curb emissions, already among the highest in the world per capita and steadily increasing. Canada was not even close to meeting its Kyoto agreements, the WWF said.

Canadian woman in airline crash, says family

CRASH An Ottawa woman is believed to have been a passenger on the airliner that crashed into the Indian Ocean Tuesday with 153 people on board, the woman's family told CBC News Tuesday.

Emsumata Abdoulghani, who is in her early 30s, was supposed to have been on board the Yemenia Airways flight, said her husband, Youssouf Mahamoud, from the family's home in Ottawa, where he and two of their three children are awaiting news.

Abdoulghani's third child, a baby boy, had been left with her sister in Paris while she was travelling with family members, who are also thought to have been on the plane. METRO NEWS SERVICES

News in brief

ASYLUM Canada may reinstate a visa requirement on Czech visitors after hundreds of Roma from the Czech state sought asylum over the past few months, the Czech Foreign Ministry said yesterday. The Roma asylum seekers say they have been discriminated against by the majority ethnic Czech population, a view supported by human rights agencies. The Canadian Embassy in Prague did not say if the visa requirement would be reinstated. REUTERS

RESCUE A reverend is praising two teens who rescued a Calgary family from a B.C. lake after their vehicle apparently veered off the road and into the water. Rev. Dean Houghton said a couple and their two adult daughters, who are all recovering in B.C. hospitals, were plucked from icy Griffin Lake on Monday. "Those two boys did an amazing thing," Houghton told Metro Canada. METRO CANA-

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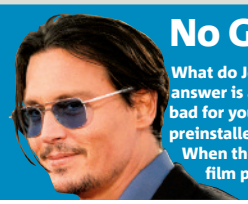
Plane lands safely after bird strike

Despite renewed efforts by New York officials to keep skies around the city's airports clear of wildlife, a passenger plane was damaged after hitting a bird as it landed this week in what is a growing industry problem. While the flight landed safely at La Guardia airport Tuesday, it became one of about 7,000 planes a year in the United States to be involved in a so-called bird strike. REUTERS

World



No Garfield please

What do Johnny Depp, left, Garfield, Paris Hilton and roast pork have in common? In China, the answer is a new government-mandated Internet filter rates some pictures of all four of them as bad for your moral health. Beijing has ordered all personal computers sold from yesterday to be preinstalled with Green Dam software, which is designed to block pornographic and violent images. When the software is installed, and an image scanner activated, it blocks even harmless images of a film poster for cartoon cat Garfield and one search engine close-up of Depp's face. REUTERS

Crash cause a mystery

Sole survivor clung to floating wreckage for 12 hours

French and U.S. aircraft hunted yesterday for survivors from a plane that crashed off Comoros, while in Paris expatriates from the Indian Ocean archipelago tried to block another flight by the same airline.

The European Commission sent a letter to the airline, Yemenia, saying its aircraft could be banned in the European Union after a Yemenia-run Airbus A310-300 went down in the Indian Ocean on Tuesday with 153 people on board.

Just one survivor — a 14-year-old Franco-Comoran girl — has been found in the sea so far, having held on to floating material.

"She clung to a piece of debris from the plane for 12 hours," French Co-operation Minister Alain Joyandet said, adding she would be flown to a Paris hospital.

"She signalled to a passing boat and it was able to pick her up. She really showed incredible physical and moral strength."

The survivor, identified as Bakari Bahia, had cuts to her face and a fractured collarbone, but was stable after being picked up on Tuesday.

The airline said 75 Comorans and 65 French nationals were on board the flight, along with one Palestinian and one Canadian.

The crew comprised six Yemenis, two Moroccans, one Indonesian, one Ethiopian and a Filipina. REUTERS

Human factors: Troubling trend

- Human factors are emerging as a worrisome trend in global air crashes and other incidents as fatigue, complex flight systems, inconsistent training and regulation pose new challenges to airlines, a leading safety advocate said on Tuesday.

Bill Voss, president of the Flight Safety Foundation, a watchdog and advocacy group, said 2009 could be the worst year in a decade for major commercial aviation accidents.

There have been 12 crashes this year through June and carriers globally are on pace to equal the 10-year high of 24 crashes in 1999, according to safety foundation figures.

Hong Kong **Handover anniversary protest**

T.YRONE SIU/REUTERS

Former lawmaker Anson Chan, middle, takes part in a protest march demanding universal suffrage in Hong Kong yesterday to mark the 12th anniversary of the territory's handover to China from Britain. Organizers said 76,000 people marched in Hong Kong's biggest annual protest calling for greater democracy.

Iraqis laud U.S. pullout from cities

IRAQ Iraqi politicians from across the ethnic and sectarian divide yesterday welcomed the U.S. troop withdrawal from cities as a step towards sovereignty, even though they feared it might trigger more violence.

U.S. combat troops pulled out of Iraq's towns and cities on Tuesday into rural bases, the first step of a bilateral security pact that requires all U.S. troops to leave Iraq by 2012. Iraqi politicians still warned that militants would try to exploit any security gap. REUTERS

Honduras defies international pressure

COUP The Honduran interim government defied international pressure yesterday and vowed there was "no chance at all" of ousted President Manuel Zelaya returning to office.

> **"We are not negotiating national sovereignty or the presidency."**
> Enrique Ortez, interim foreign minister

World leaders from U.S. President Barack Obama to Venezuelan President Hugo Chavez have told the new rulers of the Central American country to restore Zelaya, a leftist who was toppled by the army on Sunday and sent into exile after a dispute over presidential term limits.

The Organization of American States gave Honduras an ultimatum early yesterday to allow Zelaya back into office by this weekend or face suspension from the hemispheric group.

Enrique Ortez, interim foreign minister, told Reuters that Zelaya would be arrested if he came home.

"We are not negotiating national sovereignty or the presidency," he said in an interview. "There is no chance at all," of Zelaya coming back to power.

The crisis in Honduras has spiraled into the worst political turmoil in Central America since the U.S. invasion of Panama in 1989, posing a test both for regional diplomacy and for Obama's ability to improve the United States' battered standing in Latin America.

Ortez said that interim government had dropped a plan to send a delegation to Washington for talks, but a mission from four countries of the OAS would visit Honduras this week.

However, in Washington, an OAS spokesman said that he was unaware of any plans to send a mission this week.

Zelaya, who took office in 2006 and had been due to leave power in 2010, was forced out over his push to extend presidential mandates beyond a single four-year term. REUTERS

News in brief

ITALY Italian Prime Minister Silvio Berlusconi visited the site of a train derailment and explosion in Viareggio Tuesday. At least 16 people were killed and 50 injured when a freight train hauling liquefied petroleum gas derailed and exploded as it passed their homes, officials said. About 1,000 people were evacuated following the blast.

BRITAIN "Great Train Robber" Ronnie Biggs lost his long-running bid for early jail release yesterday after the British government said he should not be allowed out on parole because he was "wholly unrepentant." Justice minister Jack Straw said he had rejected the Parole Board's recomendation to allow Biggs, 79, to be released. Along with 11 other gang members, Biggs robbed a Glasgow-to-London mail train in 1963 and stole 2.6 million pounds — about $56 million in today's money. The crime became known as "The Great Train Robbery."

PAKISTAN A UN fact-finding commission began an inquiry yesterday into the assassination of former Pakistani prime minister Benazir Bhutto. Bhutto was murdered in a suicide attack in Rawalpindi in 2007, after a rally to drum up support for an election she hoped to win. The three-member UN team is headed by Chile's Heraldo Munoz and will take six months. REUTERS

India **Kashmir clashes**

FAYAZ KABLI/REUTERS

A Kashmiri woman walks past an Indian policeman holding a teargas launcher during a protest in Srinagar yesterday. Separatists on Tuesday called for a three-day long strike to protest against the killing of four civilians by police. The clashes occurred during a demonstration against what protesters say was the harassment of a Muslim woman by Indian police there.

Religious violence flares in Egypt

MURDER Police have arrested 37 Muslims and Christians from a village in Egypt's Nile Delta in connection with the killing of a Muslim man and violence that followed, witnesses and security sources said yesterday.

The 18-year-old Muslim died on Tuesday after a fight a day earlier, leading to the arrest of a Christian family of a father, mother and two sons, as well as three Muslim men.

The dispute arose over the price of goods purchased at a shop owned by the Christian family, residents said.

After the funeral of the dead man, dozens of Muslims set ablaze two Christian-owned homes and pelted stones at Christians yesterday in the village of Mit el-Qureishi in the Nile Delta, north of Cairo.

That violence led to the arrest of 30 more Muslims.

All of the 37 arrested would be held for four days for investigation, a judicial source said.

A curfew was imposed on the village, security sources said. REUTERS

Egypt's Muslims and Christians

- Relations between Egypt's majority Muslims and its Christians, mainly Copts, are usually calm but can become strained and sometimes erupt into violence over issues such as inter-faith relationships and land. Christians make up about 10 per cent of Egypt's 77 million people.

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Comment

Your cheating heart

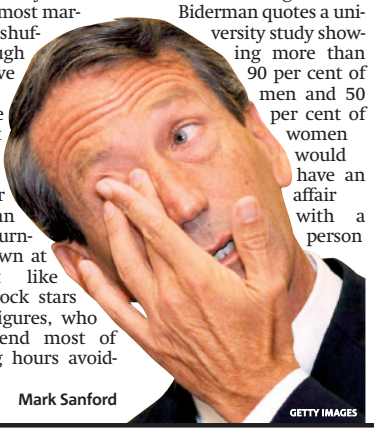
ModernLife

Last week, South Carolina Gov. Mark Sanford admitted to an affair, the second American politician to go down, so to speak, in the past few weeks. Nevada Senator John Ensign (the first) must be relieved the public's guns are turned elsewhere momentarily.

The media asks whether either of these guys will continue in office. Me, I'm wondering why they gambled so big? Did either watch former New York governor Eliot Spitzer tap dance in front of the cameras last year as his wife endured her worst moment ever?

Noel Biderman, president and CEO of Ashley Madison, the infidelity dating site, says the more you have to gamble, the more you're going to gamble. "A lot of people in politics have already taken massive risks and they've paid off. They think they can continue to do it." Biderman figures the Teflon effect (nothing sticks) gives them that feeling of invincibility.

Of course, most married people shuffling through daily life have infinitely more trouble sussing out an affair with someone better looking than the spouse turning them down at home. Not like politicians, rock stars and sports figures, who seem to spend most of their waking hours avoiding them. After all, do you have groupies?


Mark Sanford

GETTY IMAGES

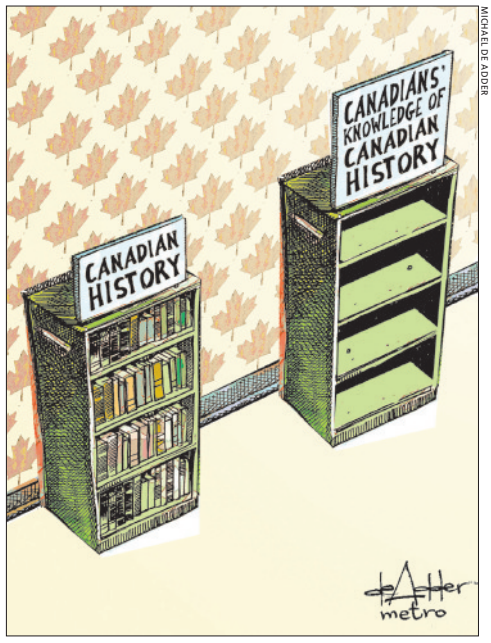
Modern technology has been a boon to low-budget, would-be cheaters. All you need is a computer to locate the object of your new affection and a cellphone to hide it from your soon-to-be ex.

The little people are just as susceptible to temptation as are the big cheeses. Biderman quotes a university study showing more than 90 per cent of men and 50 per cent of women would have an affair with a person of their dreams (Sting?) if they wouldn't get caught or feel guilty, which brings me to my real question. What's keeping that measly 10 per cent of men faithful?

I thought pictures might tell me what the stories didn't. I was curious to find out what Sanford's girlfriend looked like (beautiful), wife (pretty), children (adorable). In fact, after seeing Sanford's kids in one family photo, I was puzzled by his compulsion to gamble with the family jewels.

With all the odds staked in favour of Mark Sanford being a cheating man, the opportunity, the excitement and the fact that a heck of a lot of married people cheat these days, maybe he should have kept a little family photo in his chest pocket, just a little bit nearer to his heart.

Georgie Binks is a Toronto freelance writer who has written about gender and relationships for CBC.ca, Elle, Chatelaine and Homemakers; georgiebinks@rogers.com.



MICHAEL DE ADDER

Views

A checkered history of Canadian feminism

FourthWave

There's plenty to celebrate on Canada Day — we're a nation of many cultures, many opinions; a vanguard for human rights — so what better time to celebrate (or rethink) what Canadians fought for in the name of feminism.

Nellie McClung, one of Canada's earliest feminists, successfully campaigned for the vote in Manitoba. Clever, articulate and quotable (she famously said, "Never retreat, never explain, never apologize — get the thing done and let them howl"), she saw a link between human rights and women's rights, but that belief wasn't absolute: McClung supported eugenics and believed "young, simple-minded girls" should be sterilized under a 1928 bill in Alberta.

Her peers shared her views, including fellow Famous Fiver Emily Murphy. Murphy, under the pen name Janey Canuck, also argued for immigration control — "black and yellow races may yet obtain the ascendancy," she wrote in Maclean's, threatening to "wrest the leadership of the world from the British."

Alongside the black spots in our history are silly ones. Singer Rita MacNeil, now more matronly than incendiary, wrote women's lib songs in the 1970s. The male-dominated RCMP deemed MacNeil and her feminist ilk dangerous enough to spy on. While the force fretted about The Red Peril, massive social change was happening under its nose.

Celebrate the history-makers. Henry Morgentaler began performing illegal abortions in 1968, when the procedure was legal only to mothers facing health risks, and Stephen Lewis works tirelessly to improve the HIV/AIDS crisis in Africa. A new breed is making its mark, too: Lesbian and Muslim Irshad Manji writes about how to reform Islam, and Herizons and Shameless magazines shine in feminist media.

Still, there are great tragedies. It's estimated 520 native women have gone missing or been murdered since 1970. Last fall, the UN appealed to the federal government to investigate why the system failed to protect these women.

Systemically, the laws still reflect inequity. Recommendations from 1967's Royal Commission on the Status of Women are still unaddressed today: Daycare, wage equality, effective family law. And new issues pose great challenges: Discrimination based on sexual orientation or race, and violence against women.

There's much to celebrate, but we must learn from our checkered history, from racist policies to missing women — because, to borrow a phrase from Nellie McClung, "No nation rises higher than its women."

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

Worth mentioning

Greeks must get used to new smoking ban

Greeks were banned from smoking at work and inside bars and restaurants yesterday, but many question how the measure will work in Europe's heaviest smoking nation.

Terraces in central Athens filled up with smoking clients as tobacco is still allowed outside, and there was confusion over how the law will be applied indoors.

But Health Minister Dimitris Avramopoulos said the ban will work, contrary to past failed attempts.

"Today Greece turns the page," he told Greek media.

"It's the first time that this measure will be implemented, to end the myth that we make laws that we don't respect."

Greece breaks all European records with more than 40 per cent of the population smoking and six out of 10 being exposed to smoking at work, according to a European Union poll.

Many doubt the ban can be implemented in a country where smoking is such an entrenched tradition.

Smoking-related diseases kill about 20,000 people a year in Greece, costing the country $3.01 billion US a year, the health ministry said.

REUTERS

Metro Online Poll Results

58% SAID YES

Should Canada Day events be moved to ensure a long weekend?

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42% SAID NO

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TTC, Bombardier sign $1.2B streetcar deal

The Toronto Transit Commission has officially signed its $1.2-billion contract with Montreal-based Bombardier for 204 new low-floor streetcars, CBC News Online reports. The deal, first announced in April and signed Tuesday, calls for delivery of a prototype vehicle by 2011. METRO NEWS SERVICES

Business

OIL $69.31 US $0.58

TSX Closed for holiday

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

AIRLINE Air Canada's largest union voted 50.8 per cent Tuesday against a tentative deal to place a moratorium on pension funding and management wages, damaging the ailing airline's ability to weather the recession. TORSTAR NEWS SERVICE

MEDIA Money-troubled Canwest Global Communications Corp. said Tuesday it is selling two television stations in Montreal and Hamilton to an affiliate of Channel Zero Inc., an independent Canadian television broadcaster, CBC News Online reports. METRO NEWS SERVICES

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Slow recovery for housing

The worst of Canada's housing market woes appear to be past but the sector's rebound will be tenuous as a rise in mortgage rates and high unemployment limit the recovery in prices and sales.

Experts say first-time buyers and Bank of Canada rate cuts have helped restore stability to a market that slumped from late 2008 to early this year, when the worst leg of the financial crisis battered consumer confidence.

"We should be less fearful than we were six months ago, but I don't think we should be exuberant yet. The resale markets in Canada are very strong. May numbers were pretty good, and June numbers will be even better," said Will Dunning, an economic consultant who specializes in the housing market.

"But by July and into the fall there will be an offset of considerably slower activity."

Data suggests Canada's residential property market, which weathered the financial crisis much better than its U.S. counterpart, has been thawing for several months.

Still, no one predicts the residential property market is headed back to the heady times seen between 2002 and 2007, when prices surged and outpaced income growth. REUTERS

Prices up in May

• The latest Canadian Real Estate Association data shows May resale home prices rose 0.4 per cent to $319,757, topping the previous record set a year earlier. It was the first year-over-year increase since May of last year.

Farming West weathers dry spell

TODD KOROL / REUTERS

Alberta farmer Dwayne Marshman measures the height of his wheat crop, which should be at his waist, on his farm in the prairies near Rockyford, Alta., on Tuesday. Farmers and ranchers are struggling with slow crop growth and feeding livestock across Western Canada due to dry conditions.

GM must sell main assets to 'New GM': U.S. official

AUTO The only viable option to save General Motors Corp. is a sale of its main assets to a "New GM" backed by the U.S. government, a U.S. Treasury official told a court yesterday as the automaker sought approval for the deal.

The official, Harry Wilson, also said the government would withdraw its portion of the $33-billion financing for GM if the sale of the main assets did not close by the government's July 10 deadline.

GM was in the second day of a bankruptcy court hearing in Manhattan in which it is asking Judge Robert Gerber to approve its asset sales.

If the deal is approved, the "New GM" would be a company that would have the best parts of the old company, a less expensive workforce and much less debt. REUTERS

Madoff victims get $231M so far

FRAUD A total of $231 million has so far been committed to pay defrauded investors of imprisoned financier Bernard Madoff, the group refunding his customers said yesterday.

SIPC and Irving Picard, the trustee winding down Madoff's business after the unraveling of Wall Street's biggest fraud, said it had accepted 543 claims for payout so far. The amount to be paid averages $425,414 per claim. Each customer can receive up to a maximum of $500,000 under the law.

An additional $2.741 billion had been marked for potential recovery, but whether investors will ever see this money hinges on how much the trustee can recover from his global search for assets tied to the Madoff fraud. REUTERS

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Canada's economy is being hit hard along with the rest of the world. Job cuts are on the rise. Home values are falling like never before. The recession hits some industries hard, while others escape. From Vancouver to Toronto to Wall Street, it's little wonder the markets are volatile… up 100 to 200 points one day, and down 100 to 200 points the next. Most investors think they can't make money in markets like this. But I can show you how.

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Let's face it. For most people, buying a stock is a one-way street. They buy and hold the stock, hoping it will go up. But the smart investors know there's a much better way to profit in the market. In fact, they love the massive volatility of today's market because that's where the massive profits are made.

MARKET VOLATILITY WORKS TO YOUR ADVANTAGE

As the Canadian and global markets react to an economic meltdown and ensuing political battles, today's extreme volatility in the financial markets could become the new norm. Many investors have pulled out. But you can't make money sitting on the sidelines. It is time to change your investment strategy to one that can succeed in unstable markets.

OPTIONS EXCEL IN TURBULENT MARKETS

Certain wealthy investors have always known how to multiply their returns and minimize their risk. You see, for every $1,000 you put in stocks, they only put in $150 – $200 to achieve the same investment muscle. How? Because they use options to leverage or control a stock rather than buy it, extending the power of their investment dollar. That's how the wealthy play the stock market, without the risk of actually buying the stock.

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STRATEGIES FOR UNCERTAIN TIMES

- See how it's possible to make money in today's volatile market.
- Discover strategies once reserved for a small group of industry traders.
- Understand the market's hidden factors better than current investors.
- Learn to control stocks without the expense or risk of buying them.
- Discover practical techniques for making more money in this type of market.

Who Should Attend

- Investors looking to minimize risk and protect profits
- Investors looking to diversify
- Investors looking to salvage their investment portfolio
- Anyone who has been hammered in today's market

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"The seminar was very important, worth the money, and very necessary. I made $10,000 in profits in less than two weeks!"
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Victoria, BC

"One of the things I love about Optionetics seminars is that I learn something new at every one. Best trade ever was a call on Amgen for a 250% return."
— Allreza Givehchian
Calgary, AB

BONUS

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Plus discover:

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- ✓ 6 major types of outside risk you can manage
- ✓ 3 disastrous mistakes most investors make (easy to avoid; hard to recover from)

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MONDAY	TUESDAY	WEDNESDAY
July 6, 2009	July 7, 2009	July 8, 2009
1 p.m. or 7 p.m.	1 p.m. or 7 p.m.	9 a.m. or 1 p.m.
Vancouver	Langley City Coast Hotel & Convention Centre	Sheraton Vancouver Guildford Hotel
Fairmont	20393 Fraser Highway	15269 104th Avenue
900 West Georgia Street	Langley	Surrey
Vancouver		

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Canucks ranked No. 79 in pro sports by ESPN

The Vancouver Canucks were ranked 79th overall on ESPN's annual ranking of the 122 teams in the NHL, MLB, NBA and NFL. The Toronto Blue Jays were the top Canadian team on the list at No. 34. The Los Angeles Angels of Anaheim topped the list, while the Los Angeles Clippers ranked last. METRO NEWS SERVICES

Sports

Kobe wants to be in L.A.

Kobe Bryant, left, has chosen not to terminate the final two years of his contract and will remain with the NBA champion Los Angeles Lakers. The MVP of the NBA finals had until Tuesday to become an unrestricted free agent. Bryant has spent his entire 13-year career with the team, winning four NBA championships. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

EARNINGS Average earnings for leading athletes in the United States have dropped for the first time in six years, according to Sports Illustrated magazine. In a list of the 50 top-earning American athletes the mean was down by $1.5 million US to $23.6 million per athlete. REUTERS

SCOREBOARD

MLB

AMERICAN LEAGUE

YESTERDAY

Toronto 5 Tampa Bay 0
Boston 6 Baltimore 5 (11 ings)
Chicago White Sox 6 Cleveland 2
Minnesota 5 Kansas City 1
N.Y. Yankees 4 Seattle 2
Oakland 5 Detroit 1
Texas 9 L.A. Angels 7

TODAY

Seattle at N.Y. Yankees
Chicago White Sox at K.C.
Baltimore at L.A. Angels

NATIONAL LEAGUE

YESTERDAY

Atlanta 11 Philadelphia 1
Chicago Cubs 4 Pittsburgh 1
Cincinnati 1 Arizona 0
Florida 5 Washington 3
L.A. Dodgers 1 Colorado 0
N.Y. Mets 1 Milwaukee 0
St. Louis 2 San Francisco 1 (10 ings)
Houston 7 San Diego 1

TODAY

Arizona at Cincinnati
N.Y. Mets at Pittsburgh
Houston at San Diego
Philadelphia at Atlanta
San Francisco at St. Louis
Milwaukee at Chicago Cubs

CFL

YESTERDAY

Toronto 30 Hamilton 17
Montreal 40 Calgary 27

TODAY

Winnipeg at Edmonton

TOMORROW

B.C. at Saskatchewan

Hossa believes in Hawks

After failing in Pittsburgh and Detroit, star winger signs with Chicago

The Chicago Blackhawks went on a free agent shopping spree yesterday, signing high-scoring winger Marian Hossa to a staggering 12-year deal that signalled they are ready to challenge for a Stanley Cup.

Just hours after the free agent signing window had opened, the Blackhawks had their wallets out, luring Hossa away from the Detroit Red Wings with a contract worth $62.8 million (all figures US) according to local media reports.

Hossa was joined in the Windy City by fellow Slovak and Red Wing teammate Tomas Kopecky, who signed a two-year deal.

"To add Marian, an elite and world-class player, and Tomas, a Stanley Cup champion, to our exciting young core reinforces our commitment to try to win the Stanley Cup," Blackhawks general manager Dale Tallon said in a statement.

Taken with the 12th overall pick by the Ottawa Senators in the 1997 draft, Hossa has 339 goals and 719 points in a career that has also included a stop in Atlanta.

The Blackhawks were not the only team eager to do business. The New York Rangers made a big splash of their own, inking free agent forward Marian Gaborik to a five-year contract. TSN is reporting the deal is worth $7.5 million yearly.

Gaborik has spent his entire seven-year career with the Wild, totaling 219 goals and 218 assists in 502 games. This past season, he played in only 17 games due to various injuries and posted 13 goals and 10 assists.

The Montreal Canadiens signed former Calgary Flames forward Mike Cammalleri to a five-year contract. Financial terms of the deal were not disclosed, though multiple media outlets reported it is worth $30 million. REUTERS

CLAUS ANDERSEN/GETTY IMAGES

Marian Hossa left the Detroit Red Wings to try and win the Stanley Cup with the Chicago Blackhawks.

Catcher suspended for contact with ump
Kansas City Royals catcher Miguel Olivo has been suspended for one game for arguing and making contact with the umpire. METRO NEWS SERVICES

Federer closes in

Swiss star advances to Wimbledon semifinal

British hope Andy Murray and five-times champion Roger Federer charged headlong towards a Wimbledon final showdown yesterday while two of the game's wiliest campaigners were conspiring to gatecrash the party.

The top seeds recorded emphatic victories on another sun-baked day on Centre Court, as Tommy Haas stunned fourth seed Novak Djokovic and Andy Roddick was the last man standing in a gripping four-hour gunfight with old foe Lleyton Hewitt.

Less than 48 hours after putting his mother, girlfriend, 15,000 Centre Court fans and millions of British television viewers through the wringer with his electrifying five-set win against Stanislas Wawrinka, Murray produced a no-nonsense 7-5, 6-3, 6-2 win over Juan Carlos Ferrero.

While the authoritative exhibition gave Murray a place in the last four at Wimbledon for the first time, the sight of all-conquering Federer at the tail-end of a grand slam is taken for granted these days.

The world No. 2 reached his 21st successive major semi by dousing the fireworks of Croatian ace machine Ivo Karlovic 6-3, 7-5, 7-6.

"Twenty-one in row, it's amazing. Means the world to me. It's been quite a streak and I'm happy it's still alive," said Federer, in hot pursuit of a record 15th major.

His rivals summed up the milestone as "ridiculous," "incredible," "almost impossible" and "the most impressive stat we'll see in tennis." Federer's win may not have raised many eyebrows, but Haas' 7-5, 7-6, 4-6, 6-3 victory over Djokovic certainly provided the biggest shock of the men's tournament.

At 31, Haas was the oldest man in the last eight, but he buzzed around Court One and stung Djokovic with a string of winners to reach the last four at Wimbledon for the first time. REUTERS

JULIAN FINNEY/GETTY IMAGES

Roger Federer serves during his 6-3, 7-5, 7-6 quarter final win over Ivo Karlovic yesterday at the Wimbledon Lawn Tennis Championships in London, England.

Sports in brief

SOCCER Brazil has ended Spain's one-year reign at the top of FIFA's rankings, rewarded for its comeback win over the United States in the Confederations Cup final. Canada, however, dropped nine spots to No. 92, sandwiched between Sudan and Iceland.

MLB Baseball is expanding all-star rosters yet again. Each league will have 33 players for the July 14 game at St. Louis, with an extra pitcher added to bring the total to 13. The commissioner's office said the extra spot will be a manager's choice. Rosters were expanded from 30 to 32 after 2002's 7-7, 11-inning tie in Milwaukee, when both leagues ran out of pitchers.

COYOTES The National Hockey League is backing a bid by sports team mogul Jerry Reinsdorf to buy the bankrupt Phoenix Coyotes for up to $148 million rather than the $212.5-million offer from Jim Balsillie. The NHL believes the owner of MLB's Chicago White Sox and the NBA's Chicago Bulls teams will keep the team in the Phoenix area.

METRO NEWS SERVICES

Romero throws another gem as Jays shut down Rays

MLB RESULTS

Tampa Bay 0 Toronto 5

RAYS AT JAYS

BASEBALL Ricky Romero pitched eight innings of four-hit ball, as the Toronto Blue Jays snapped the Tampa Bay Rays' seven-game winning streak with a 5-0 win in the finale of a three-game set in Toronto.

Rod Barajas, Adam Lind and Scott Rolen each hit a solo homer for Toronto, which snapped a four-game slide.

Romero (6-3) threw 113 pitches, struck out seven and walked four. He lowered his ERA to 2.85 on the season.

"It helps a lot when everyone is on your side and everyone on your team is backing you up," Romero said. "It's not a one-man show out there. It's nine guys trying to grind it out and trying to get a win."

Ben Zobrist went 2-for-2 with a pair of walks for the Rays, who, despite the setback, have won nine of 11 overall, with their previous loss coming to Philadelphia on June 23rd.

"I feel terrible when he's out there just battling his butt off and we can't give him enough runs to win," Zobrist said about Shields. "We know it's going to come around."

James Shields (6-6) was tagged with the loss after allowing five runs — four earned — on seven hits and one walk while striking out eight over 7⅓ innings of work.

Toronto broke through for a run on Shields in the third when Jose Bautista singled up the middle and came around to score when Marco Scutaro doubled down the left-field line. METRO NEWS SERVICES

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Three fast facts about watermelon

1. The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt. **2.** Over 1,200 varieties of watermelons are grown worldwide in 96 countries. **3.** Watermelon in 92 per cent water. **WATERMELON.ORG**

Food

This meal is perfect for a summer night by the barbecue with guests or family, celebrating the return of warm nights for the season.

20MINUTESUPPERCLUB.COM

Complement

The fresh cool flavours of watermelon and tomato make the side salad a perfect complement to the flank steak.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

3 dishes, one summer meal

Garlic shrimp, grilled steak and a berrylicious crumble

Designed as the online destination for food, the new 20 Minute Supper Club website provides a comprehensive recipe archive, a network for members to share their own favourite recipes as well as create personal profiles, chat about food, and find-and-follow those with similar food interests (think Facebook meets Twitter). Who doesn't need some quick, delicious and healthy recipes — for free? Create your profile at 20minute-supperclub.com and try it out.

This week's full meal includes savory Shrimp in Garlic to start, followed by Grilled Flank Steak with Tomato and Watermelon Salad, and finished with berry-bursting Bumbleberry Crumble.

The first trick to grilling this kind of steak is the generous salt and pepper seasoning rub that is done before cooking the meat. The second is to cook it very quickly on the grill. Five minutes on each side will do it for medium rare. If you leave flank steak on the grill too long, it becomes tough and chewy.

Bumbleberry Crumble is as easy as it sounds. The mix of blueberries, raspberries, and blackberries is fresh and summery, yet still offers that wholesome crunch of oats and brown sugar crumble.

CARLO MENDOZA PHOTOS

If you don't have access to an outdoor grill, flank steak can be cooked under a broiler or stovetop in a cast iron grill pan.

Light seasonal flavours

Shrimp in Garlic

SERVES 6-8
PREP TIME: 15 MINUTES
COOKING TIME: 10 MINUTES

INGREDIENTS:

- 6 tablespoons extra-virgin olive oil
- 1/4 teaspoon red pepper flakes
- 10 Clove garlic, very thinly sliced
- 16 shrimp (26-30 count), peeled and deveined
- 2 teaspoon salt, divided use
- 1/8 teaspoon freshly ground black pepper, divided use
- 1/2 cup white wine or lemon juice
- 1/4 cup roughly chopped Italian parsley

METHOD:

1. In a pot over medium-high, heat oil. Sauté pepper flakes and garlic for a minute, then add shrimp and sauté for another 1 to 2 minutes. Add 1 teaspoon salt and a pinch pepper. Remove shrimp using a slotted spoon when just cooked through and pink. Remove garlic just as it starts to brown and set aside.
2. Add wine to pot (keeping heat at medium-high), and reduce by three-quarters, shaking pan frequently to emulsify sauce, 4 to 5 minutes.
3. Season with remaining salt and pepper and add parsley. Place shrimp on a platter and drizzle with sauce and garlic.

Grilled Flank Steak with Tomato and Watermelon Salad

SERVES 4
PREP TIME: 15 MINUTES
COOKING TIME: 10 MINUTES

INGREDIENTS:

- 2 lb flank steak, about 1-inch thick
- 3 tablespoons olive oil
- 1 tablespoons rice vinegar
- 1 teaspoon fresh red chili, seeded, thinly sliced
- 1/2 teaspoon sugar
- 3 medium tomatoes in assorted colours, cut into 1-inch dice
- 2 cups 1-inch diced seedless watermelon
- 1 tablespoon chopped basil
- 2 teaspoons chopped chives

METHOD:

1. Preheat grill to medium-high.
2. Rub steak with 1 tablespoon olive oil and season generously with salt and freshly ground black pepper. Cook on grill, turning once, about 5 minutes per side for medium-rare. Remove from heat and rest on cutting board loosely covered with foil for 10 minutes.
3. Meanwhile, combine remaining 2 tablespoons olive oil, rice vinegar, chili and sugar in a small bowl and whisk to blend. Season with salt and pepper and set aside. In a large bowl, combine tomatoes, watermelon and herbs. Just prior to serving, toss tomato mixture with reserved vinaigrette.
4. To serve, slice steak against the grain into 1/8-inch-thick strips and divide equally among 4 plates. Serve with watermelon salad.

• Chef Notes: If you don't have access to an outdoor grill, flank steak can be cooked under a broiler or stovetop in a cast iron grill pan.

Bumbleberry Crumble

SERVES 8
PREP TIME: 5 MINUTES
COOKING TIME: 40 MINUTES

INGREDIENTS:

- 1-1/2 cups rolled oats
- 1 cup all-purpose flour
- 1/2 cup oat bran
- 1 cup demerara or dark brown sugar
- 1 cup canola oil
- 2 cups each raspberries, blueberries and blackberries

METHOD:

1. Preheat oven to 350 F. In a large bowl, mix dry ingredients with a fork. Pour in oil and continue mixing until ingredients clump together.
2. Place berries in a shallow, oven-proof 8-cup dish, cover with crumble and bake 40 minutes, or until top is golden.

20 minute SUPPER CLUB

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

French tippling

Huge international wine shows are a strange beast: They offer you everything except the time to experience it all. That sad realization hit me once again as I entered the Bordeaux Exhibition Centre in France last week and waded into a sea of red, white and rosé.

The Centre is the home of VinExpo: A liquid Lollapalooza that (with over 2,400 exhibitors from 48 countries) is arguably the world's largest wine tasting event. Even with all that juice one thing stood out: The French really want you to start buying their wines again.

Producers from the Rhône Valley certainly had their act together with plenty of pamphlet passing and samples of wine that were about as New World as France can muster.

Two from the southeastern part of the region that really impressed me are no strangers to Canada, having been available here for years. The **La Vieille Ferme Rouge 2007 Côtes du Ventoux ($11.95 - $13.99)** has a modern mouthfeel with a touch of chocolate-dipped strawberries that's very barbecue friendly.

Its sister white, the **La Vieille Ferme Blanc 2008 Côtes du Luberon ($11.95 - $13.99)** is green, bright and creamy which makes it ideal for July enjoyment.

Prices reflect the range across the country.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

On the web

Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit metronews.ca/global-peasant to read Diane's musings on the mysterious origins of pizza and top it off with a completely fresh reinvention.

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Pontiac G3 Wave shown with available equipment.

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Pontiac G5 GT model shown.

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Want to be a critic? Zagat's active surveying period for Montreal, Toronto and Vancouver restaurants is going on now. Avid diners are encouraged to vote at ZAGAT.com to share their thoughts and opinions about their dining experiences. METRO NEWS SERVICES

Urban Foodie

5 patio picks for every personality

ANYA LEVYKH
anya.levykh@gmail.com

One man's manna is another man's muck, and the same can be said about patios. Whether you're the people-watcher who likes her ahi seared, or the introspective soul who down his reds by the bottle, there is a patio — with plate and plonk to match — for you.

The Person: Old World Connoisseur
The Place: Brix Restaurant & Wine Bar
What to Eat: Duo of Gulf Island lamb
What to Drink: One of 60 wines by the glass

This secluded little courtyard is reminiscent of English gardens, outdoor pubs and cobblestone streets. Think fairy lights, vines, and a stories-high, rain-proof cover above it all. The cuisine is contemporary Canadian, and the wine list is expansive. If cocktails are your thing, try the Madagascan Breeze, a combination of vodka, vanilla liqueur, cranberry and pink grapefruit.

1138 HOMER ST./604-915-9463
BRIXVANCOUVER.COM

The Person: Posh People-Watcher
The Place: Glowbal Grill & Satay Bar
What to Eat: Pan-seared sablefish
What to Drink: Glow Girl

It's screened by a ring of cushioned banquets and greenery, but offers the perfect vista for those looking to see or be seen. Watch the comings and goings of Yaletown while trying the lamb chop satays or — on colder nights — the Kobe beef meatballs with truffled spaghetti.

1079 MAINLAND ST./604-602-0835
GLOWBALGRILL.COM

The Person: Romantic Gardener
The Place: Shaughnessy Restaurant
What to Eat: Cider-brined pork loin chop
What to Drink: Mimosa, of course

Think The Secret Garden and the endless fluttering of birds. Now add twinkling lights at night, and you're in clover — literally. With a setting smack dab in the heart of VanDusen Botanical Garden, and a menu made up of local ingredients — the organic vegetables come straight from the Garden itself — could afternoon tea be more ideal? The house-made white chocolate and pecan ice cream isn't bad, either.

OAK ST. AND WEST 37 AVE./
604-261-0011
SHAUGHNESSYRESTAURANT.COM

The Person: Nautical Dreamer
The Place: Saltaire
What to Eat: Pear and pancetta pizza
What to Drink: Seabreeze, anyone?

ANYA LEVYKH/FOR METRO VANCOUVER

VanDusen Botanical Garden surrounds the patio at Shaughnessy Restaurant. Think The Secret Garden and the fluttering of birds.

Sitting atop Ambleside Beach, this beautiful patio — think solid teak tables, comfy ironwork chairs and stone floors — gets top marks for the spectacular view of Howe Sound and the Vancouver skyline. The atmosphere is casually upscale, the pizza oven is wood-burning and the service is only one reason why this restaurant is a long-time West Vancouver favourite.

235 15 ST. (W. VAN)/604-913-8439
SALTAIRE.CA

The Person: Dog Lover
The Place: The Smoking Dog Bistro
What to Eat: Ribs and frites
What to Drink: French Kiss

Situated on the corner of Dog Walker and Gym Diva, in the heart of Kitsilano, this patio is not so much about people-watching, as it is about dog-watching — see how many breeds you can count passing by in under thirty minutes. The menu is classic French, the prices are reasonable, and you're only a few blocks from the beach. Did I mention the twice-weekly live jazz?

1889 WEST 1 AVE./604-732-8811
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On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

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Urban Eats runs Thursdays in Metro.

Full line of pots and pans

Mark McEwan's new line of cookware features a full line of tri-ply pots and pans made from professional quality stainless steel construction and suitable for any cooking surface. They are available at Sears and McEwan across Canada. METRO NEWS SERVICES

Metro Homes

McEwan releases cookware

Renowned chef, TV personality, Toronto Restauranteur and gourmet grocer Mark McEwan has released his first line of professional cookware. Priced between $14.99 and $699.99, you can check them out at Sears stores across the country.

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Vista's West estates offer up luxe living

Large lots amidst dedicated parks, mountain views and privacy define a new development in West Cloverdale.

The Estates at Vista's West are the premier lots of the 171 single-family home community developed and built by Foxridge Homes.

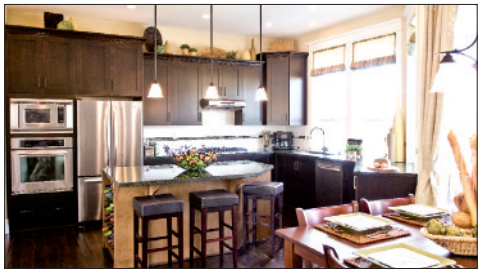
Located at 60th Avenue and 163rd Street, the subdivision is near the Bose Forest, the Hook Greenway and 13 acres of dedicated parks with sweeping valley and mountain views.

Construction on the first homes in Vista's West subdivision began in mid 2007 and to date, almost half of the 171 homes are finished and occupied. Prices start at $729,900 plus GST.

The Estates includes 33 luxury, single-family homes on large estate lots (7,500- to 10,000-square-feet) offering free-flowing floor plans with oversized windows, and front courtyards, balconies and decks meant to take advantage of the views.

The homes have built-in stainless steel Kitchen-Aid appliances, including gas cook top, granite counters, under mount sinks, hardwood flooring, and luxury ensuites including a frameless glass oversized shower stall, soaker tub, his and hers vanities and large closet space.

Shaker-style interior doors, soft edge drywall corners, designer lighting fixtures, and 10-foot-high ceilings on the main floor are some of the finishes included. FOR METRO VANCOUVER



The lowdown

- The show home is open daily, noon to 5 p.m. (except Friday) at 16327-60 Avenue in Cloverdale. For more information call 778-574-1380 or visit liveatvistas.com.
- Seen above are some shots from the suite.

Noise pollution often overlooked in condos

HouseLeague

Ryan DeLuca

metronews.ca/houseleague

Vancouver is known for having some of the best outdoor recreation around, but the city also has a number of bars, pubs and clubs for patrons to visit.

If you are looking to buy in trend-setting neighbourhoods like Granville Street or Gastown, here are some things to look for.

Double-pane insulated windows are fantastic for noise dampening. In fact, they can cut out almost all the noise that you would normally hear when the windows are open.

If you discover that the condo has single-pane windows, find out if it would be possible to upgrade at your expense.

Next, check on the construction materials. Is it a wood frame or concrete building?

Wood frame, low-rise buildings are some of the most popular because they tend to be more intimate than a large concrete high rise, but they are not as effective in keeping noise out.

If the space you are looking at is in a building under four storeys — odds are it is wood frame.

Wood frame, low-rise buildings are some of the most popular because they tend to be more intimate than a large concrete high rise, but they are not as effective in keeping noise out. Ensure that the building has strict bylaws governing the underlay used with wood floors. The Strata Property Act requires homeowners to lay down sound dampening material below wood floors in condos to help protect against noise transfer.

If you are intent on buying the space, approach the strata council to see if you can also increase the insulation in your floors and ceiling. While this will be at your own cost, it will increase the value of your home when it comes time to sell.

Finally, pay special attention to the strata minutes. If excessive noise is mentioned in these minutes, maybe this is not the building for you.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada, and host of The Real Estate Minute on Novus TV; rdeluca@sothebysrealty.ca.

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Decor

Read more in the July issue of STYLE AT HOME magazine. ON SALE NOW! styleathome.com

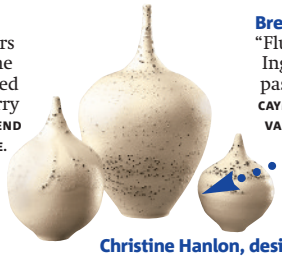
Fabulous Canadian finds

Talk about domestic bliss! These favouites are made in Canada

Produced by Brett Walther

PHOTOGRAPHY: PAUL CHMIELOWIEC (RUG AND BOWL); BRIAN REISER (VASES)

Julia Armstrong, senior editor
"Contemporary styling and 90 years of meticulous craftsmanship define this graceful chair. The deco-inspired frame is perfectly paired with a Larry Laslo chevron weave fabric." TOWNSEND CHAIR FROM $3,280, BARRYMORE FURNITURE.



Brett Walther, associate design editor
"Fluid shapes and textural growths — Ingersoll, Ont., artist Shane Norrie's passion for the sea is so contagious!" CAYMAN COLLECTION CERAMIC NARROW-NECKED VASES FROM $35 TO $600 EACH, SHANE NORRIE.

Christine Hanlon, design editor
"Zero footprint here! Looolo's textiles are not only stylish, but biodegradable, too. The dash of refined ruffles appeals to the modern romantic in me." MOLEHILL 9" X 18" ORGANIC WOOL CUSHIONS $125 EACH, LOOOLO.

Jenn Houlihan, assistant editor
"This rug is green — no, really, it is! Old wool sweaters have found a new life in this charming felted, handwoven rug made in Terrace Bay, Ont." PEGG CAMPBELL'S HANDWOVEN FELTED-WOOL 27" X 37" RAG RUG $120 US, FIVE FORTY. SEAWORTHY SHOES IN TURTLEDOVE $110, ROCKPORT.

Gail Johnston Habs, editor in chief
"I've loved this exquisite white porcelain from St-Jean-Baptiste, Que., since first spotting it years ago at a One of a Kind Show — its beauty belies its durability." 28-CM-WIDE PORCELAIN SALAD BOWL $120, PORCELAINES BOUSQUET.

Cool tips to avoid undie lounging

HomeScape

Are you lounging around in your underwear to keep cool instead of turning on the air conditioning full-blast?

Well, you can pat yourself on the back because you're doing the right thing, from an environmental point of view anyway. (I'm not sure about the unsuspecting people who may knock at your door, but it's worth it when you're saving the planet, right?) Well, even if you're not into walking around in your undies, there are fortunately lots of other ways you can keep yourself and your house naturally cool with minimal need for the AC.

When it gets hot outside, keeping cool requires two things.

One is that you keep the external heat outside, and two is that you refrain from creating internal heat as much as possible.

If it's going to be a scorcher, keep the sun from shining into your house and heating it up. Keep your windows and curtains closed on the sunny side of the house, and consider keeping all windows shut if the outside air is hotter than the inside air. White window shades or drape liners and blinds reflect heat the best. Once the sun has sunk below the horizon in the evening, you may open windows to allow in cooler air, especially if there's a lovely breeze.

On hot days, a ceiling fan (which has minimal energy needs) should be set so that it blows air down. It doesn't actually make the air cooler, of course, but moving air can make you feel much cooler and more comfortable. A portable fan works in the same way.

Window fans can actually cool down the temperature inside, if used properly. They can be used to create an air flow. For example, you can pull in cool evening air and open an opposite window to push out the heated air that may have accumulated in your home.

An attic fan that blows heated attic air outside is also a great idea because it can create an air flow through the house, pulling up cooler basement air. Investing in increased attic insulation (up to 12 inches) can also make a difference.

Inside the house, keep it cool by managing your time so heat-producing activities occur at night. For example, don't wash clothes until later in the evening and consider drying them on a clothes rack or line outside, if possible. Use cold water wash whenever possible. Wash dishes in the evening, and turn off the heat drying cycle on the dishwasher. If you have a fan installed, use it to suck away hot damp air in places where it is generated, like showers, or laundry rooms.

Cooking, particularly in the oven, will heat up your home fast. Use a microwave, or barbecue outside, use a slow-cooker plugged into an outlet in the garage, or eat a salad meal. If you use your stove or burners, turn on the fan so the heat is whisked outside. Put electronic devices like TVs and computers on a power switch and turn them off when they're not in use so they're not producing heat all day. And as my dad used to say, turn the lights off if they are not needed. Use fluorescent light whenever possible, since incandescents produce heat, besides being inefficient energy users.

Of course, there is nothing better than long-term good planning, and if you can stick around for the long-term, do invest in planting big shady deciduous trees on southern and western exposures.

Minimize hard concrete or stone surfaces around your house in favour of plantings, since stone and concrete retains heat and reflects it back at you in the evening.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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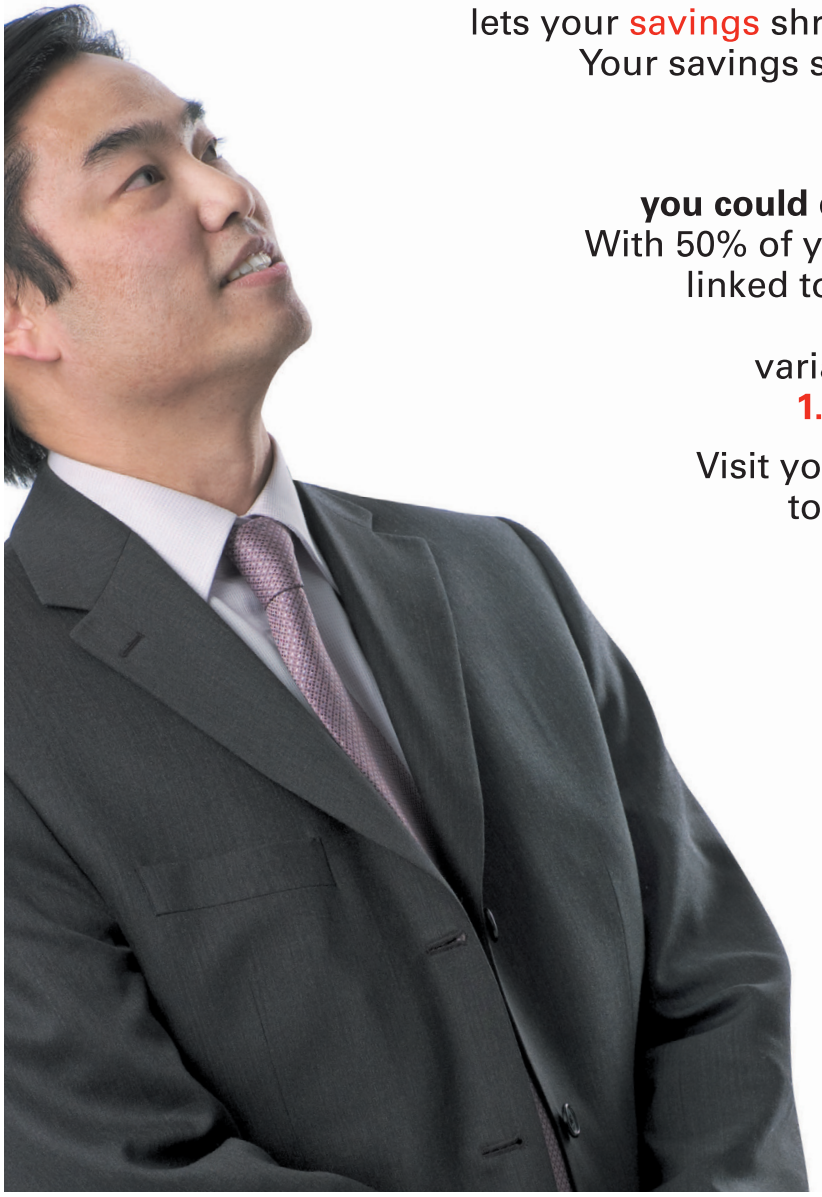

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Timberlake clothing line

"I don't really think of myself as ... an entertainer more than a designer. The collection is an extension of what I do as an artist." — Justin Timberlake on his clothing line, William Rast, in an interview with British Vogue. KENYA HUNT/METRO WORLD NEWS

Style

Off the cuff

The suit got an update for spring during the Paris men's spring 2010 runway shows with cuffed trousers popping up at Hermes, Lanvin and Comme des Garçons among others. The silhouettes were relaxed, and sometimes slouchy, with the cuffs reaching as high as the calf. Maybe that means spring will be all about the socks too? KENYA HUNT/METRO WORLD NEWS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

The emperor's clothes

Michael Jackson's wardrobe revealed a side of himself overshadowed by the plastic surgery

KENYA HUNT
Metro World News

It's interesting to see how Michael Jackson's death has resonated around the world.

From Boston, to Stockholm to Lisbon, newspapers have featured four, six and eight page spreads devoted to his life and legacy. Most of them focus on his ever-changing face, with think pieces examining how his plastic surgery reflected inner conflict about his race and sexuality. But his constantly evolving wardrobe is perhaps just as indicative of who the notoriously enigmatic singer was.

In a recent interview with the AOL blog Stylelist, Phillip Bloch, who dressed Jackson for an Ebony magazine cover shoot (which turned out to be his last photo shoot ever) noted that Jackson was not very knowledgeable of the high fashion world. He asked Phillip if the famous British designer Paul Smith was American, and if the legendary Japanese designer Yohji Yamamoto was Italian.

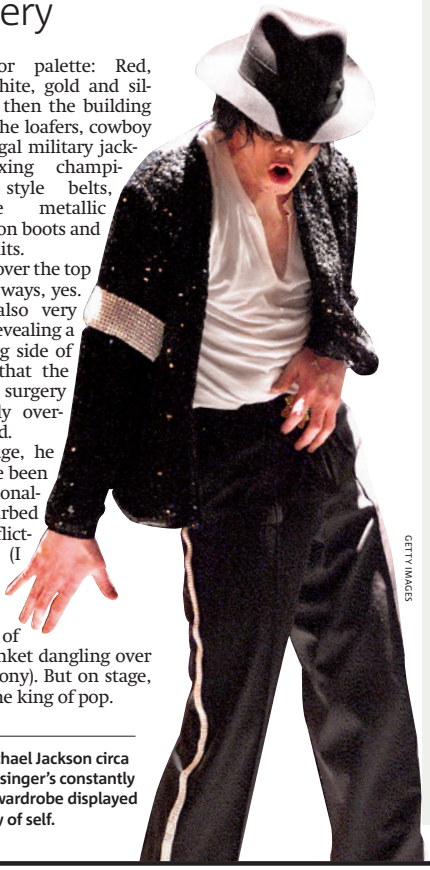
Jackson trademarks included the white glove, bow tie and red leather jacket

The fact that Jackson wasn't looped into the high fashion world says even more about his trend setting as an artist. Whereas his face may have reflected an uncertainty about his racial and sexual identity, his distinct, sartorial trademarks (the white glove, glittery socks, bow tie and red leather jacket for instance), which began to emerge very early on in his career, displayed a certainty of self as a performer.

And rather than constantly re-invent his wardrobe, the way he did with his face, he instead stuck with a formula and perfected it, adding on bombastic pieces that mirrored his growing superstardom. There was the color palette: Red, black, white, gold and silver. And then the building blocks: The loafers, cowboy boots, regal military jackets, boxing championship style belts, space-age metallic tops, moon boots and showy suits.

It was over the top in many ways, yes. It was also very telling, revealing a self-loving side of himself that the plastic surgery eventually overshadowed.

Off stage, he may have been an emotionally disturbed and conflicted man (I still cringe at the footage of baby Blanket dangling over that balcony). But on stage, he was the king of pop.



GETTY IMAGES

Right: Michael Jackson circa 2001. The singer's constantly evolving wardrobe displayed a certainty of self.

The fashion timeline

A look at Michael Jackson's sartorial milestones:

- Late 1970s - Jackson establishes his white sock/black shoe combo during his final stage with the Jackson Five.
- 1979 - Jackson reveals a new 'do and a penchant for bow ties and sequins.
- 1983 - The singer's red leather, zippered jacket becomes the It item of the '80s, sparking knockoffs the world over and becoming a symbol of the new MTV generation.
- 1983 - Jackson switches it up to the military jacket at a press conference for his Victory tour.
- 1984 - The style royalty references become more literal for a visit to the White House.
- 1988 - Jackson rocks a boxing championship style belt that reflects his winning sales on his Bad tour.
- 1996 - The face mask and extravagant-looking space age boots become a part of MJ's look.
- 2001 - Revisiting his iconic look during his 30th anniversary show.
- 2007 - In the years following his controversial child molestation case, Jackson tones it down in pared down monochromatic jackets and trousers.
- 2009 - The embellished jacket returns for the press conference publicizing his comeback tour. Jackson also makes headlines for inspiring the highly coveted jackets in the fall and spring '09 Balmain collections.

GETTY IMAGES

Circa 1979

GETTY IMAGES

Circa 1983

TORSTAR FILE PHOTO

Circa 1984

KENYA HUNT/METRO WORLD NEWS

Summer of colour

TORSTAR NEWS SERVICE

Men's sneaker, $50, Little Burgundy.

Studded belt, $22.90, H&M.

G-Shock watch, $105, Little Burgundy.

Straw fedora, $60, Lacoste.

Colour-blocked shirt, $98, Lacoste.

Nylon tote, $74, Banana Republic.

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Columnist sues FOX
Roger Friedman, the columnist who got fired by FOX News this year after he reviewed a bootlegged copy of the Wolverine , has hit back with a $5 million US lawsuit. Friedman claims he was illegally canned and that the copy he obtained came from News Corp., honcho Rupert Murdoch. **POPEATER.COM**

Entertainment

Club member
Hugh Jackman may have hosted the Oscars, but he really wasn't a member of the club. This week, the Academy of Motion Picture Arts and invited him to join the honourary body. **PEOPLE.COM**

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Wilco (The Album) takes it easy

Alt-rockers get help from Feist, while Moby and Rob Thomas also release new music

Wilco

Album: Wilco (The Album)
Label: Nonesuch/Warner
Rating: ●●●½

OR BETTER YET, let's just call this Wilco Can Take It Easy Now. In fact, album number seven offers all the best moments of this Chicago alt-rock outfit's career: A bit of country flavouring here, some tension-laden experimental rock there. Add to that some fresh inspiration via a lovely duet with Canuck songstress Feist, the dry-witted self-referential title song and subtle melodic nods to the Traveling Wilburys and Big Star. All make for a fun and worthy listen, but you're left with the feeling that much of this territory has been covered before — and in better doses.

Ian Nathanson/for Metro Canada

WARNER MUSIC PHOTO

Wilco (The Album) offers all the best moments from the Chicago group's career — country, experimental rock and even a duet with Feist.

Sunset Rubdown

Album: Dragonslayer
Label: JagJaguwar/Sonic Unyon
Rating: ●●●●

BESIDES BROKEN SOCIAL Scene there isn't another band that's produced such great offshoots than Wolf Parade. It's members are also in Handsome Furs, Frog Eyes and Sunset Rubdown, the latter which has produced one of the more exciting albums of the year so far. On the band's fourth full-length singer Spencer Krug deals in the epic, creating soaring soundscapes, loud blasts of fuzz, wild noises and heavy, beating drums. This is a vast improvement over 2007's Random Spirit Lover and yet another reason why no one's missing Wolf Parade.

Bryan Borzykowski/for Metro Canada

Rob Thomas

Album: Cradlesong
Label: Atlantic/Warner
Rating: ●●●

SAY WHAT YOU will about Rob Thomas, but the guy knows how to cater to his audience. The former Matchbox 20 frontman will never write the next great American song, but he will sell copious amounts of records playing middle-of-the-road, radio friendly pop to 30-something suburban guys and gals who haven't bothered to listen to new music since they were 23. And for the demographic Thomas' new disc is fantastic. It's all light and inoffensive, easy to sing along with, and exactly what his fans are looking for.

Bryan Borzykowski/for Metro Canada

Moby

Album: Wait for Me
Label: Warner/Asylum
Rating: ●●●½

IT'S BEEN A decade since Moby released his smash dance club hit Play, but his latest might be the New York-based artist's most intriguing album. There's nary a party beat here — it's all haunting, introspective atmospherics that would be better suited to a frightening film than a club. Wait for Me isn't for everyone, its airy bent could be hard to enjoy but when it comes down to it, Moby is challenging himself again.

Bryan Borzykowski/for Metro Canada

MusicReviews

music@metronews.ca

Levon Helm

Album: Electric Dirt
Label: Vanguard
Rating: ●●●●

LEVON HELM SHAKES the soil of his weather-worn overalls and slips into some Sunday go-to-meetin' clothes for this follow-up to the Grammy-winning Dirt Farmer. This album, produced by Bob Dylan guitarist Larry Campbell with the help of Levon's daughter Amy, has all the feel of a sod buster's weekend trip to town. Electric Dirt is a delightful compendium of covers from the songbooks of American gospel, country and blues. Helm's Bourbon Street treatment of Jerry Garcia's Tennessee Jed offers Deadheads another trip to heaven.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music at **metronews.ca/music**

Knight on Broadway

No sooner does T.R. Knight strip off his Grey's Anatomy scrubs than the former George O'Malley has landed his next gig — on Broadway. The actor is set to star in a revival of the farce, Lend Me a Tenor, reports Variety. **PEOPLE.COM**

Will cuts off ex-wife

Mom, Ross named guardians of Jackson's kids

Details of Michael Jackson's will began to emerge yesterday with all of his multimillion-dollar estate being placed in a family trust.

The will, signed in 2002, estimates his estate at that time to be worth in excess of $500 million and was filed with a Los Angeles Court. In it, Jackson leaves his entire estate to the Michael Jackson Family Trust, which ultimately benefits his three children, mother and unnamed charities.

Jackson's 79-year-old mother, Katherine Jackson, is nominated to be guardian of Jackson's children Prince Michael I, 12, Paris Michael Katherine, 11 and Prince Michael II, 7, and if she should be unwilling and unable to be guardian, Jackson nominated his friend, pop star Diana Ross, to be the children's guardian.

The five-page document said "I have intentionally omitted to provide for my former wife, Deborah Rowe Jackson."

PHILIP KAMRASS/REUTERS

Michael Jackson fans stand outside Neverland Ranch in Los Olivos, Calif, as workers prepare the property for a public viewing.

The will names Los Angeles-based attorney John Branca, a long-time Jackson counsel, and music industry executives John McClain and accountant Barry Siegel as co-executors, but Siegel resigned as a co-executor in 2003, leaving the administration of the will to Branca and McClain.

Jackson's will has been the subject of much speculation since the pop star died last Thursday, age 50, after suffering cardiac arrest at his rented Los Angeles home.

The pop star whose 1982 record Thriller is the best-selling album of all time left behind an estate that includes part ownership in a Beatles music catalog and his own music company that held rights to some of his music.

He was said to be as much as $500 million in debt when he died, but his assets have been reported to be worth as much as $1 billion. That value could rise over time if his popularity in death grows, as with other entertainers like Elvis Presley. **REUTERS**

Funeral plans

- The Los Angeles Times reported that Jackson's body will not be buried at his Neverland Ranch in Central California due to legal regulations about private residence burials. The Times said plans for a memorial service may be shifted to Los Angeles' huge Staples Center arena, but that could not immediately be confirmed.

New York nerves behind model's exit

BRIAN COULTON
for Metro Canada

Heather Delaney

While running through the rainy streets of world fashion capital New York City, Heather Delaney realized she wasn't in Toronto anymore. This was the big league.

"I know that in New York specifically you need to be tiny tiny for the job," said the Ottawa-based Canada's Next Top Model contestant, 20.

"I think I was a little hesitant already when I was heading to New York feeling that way … I was nervous."

Predisposition proved counterproductive for Delaney. Failing to impress New York designers when the five remaining women were whisked southbound for consultations called "go-sees" on Tuesday's episode, the hopeful was sent home.

But Winnipeg's Meghan DeWarreng-Waller felt right at home in New York, winning the go-see challenge, with Edmonton's Linsay Willier trailing closely.

Their competition was limited, however, when Maryam Massoumi from North Vancouver, B.C., was forced to remain in Toronto for not having a passport.

It was the second time during the series Massoumi couldn't participate due to the setback.

The judges awarded the week's top photo to Willier, who rebounded from her bottom two position the week prior, finally sending Delaney home.

"Of course you never want the experience to end — it's fun and I'll never likely have the opportunity to do something like that again. But at the same time, it was quite stressful, so there was a little bit of relief, for sure."

primetime 7/2/09

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
251	308	CBC	Coronation St.	Jeopardy! (N)	Doc Zone "Wild Horse Redemption" (CC)				CBC News: The National (N)		(:05) The Hour
255	358	JOY	E! News (N)	The Insider	How I Met	'Til Death (N)	Maxim Hot 100 2009		The Beast (N) (CC)		News (N)
254	-	M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
250	321	CTV	Corner Gas	Hollywood	CSI: Miami (CC)		So You Think You Can Dance		(:01) The Listener "Lisa Says"		News (N)
-	-	OMNI	The Daily	Frasier (CC)	Smallville "Cyborg" (CC)		Supernatural "Bugs" (CC)		Scrubs (CC)	Diya (CC)	New Day
252	336	GTV	Entertainment	ET Canada	Bones "Fire in the Ice" (CC)		The Office	The Office	Harper's Island "Whap"		News (N)
256	389	VI	The Road to Avonlea		Greek "Move On.Cartwrights"		Grey's Anatomy (CC)		(:02) Private Practice (CC)		News (N)
253	359	CITY	Law & Order: SVU		30 Rock	Scrubs (CC)	According-Jim	30 Rock	Law & Order: UK "Unsafe"		The CityNews
-	-	CW	Deal-No Deal	Deal-No Deal	Smallville "Toxic" (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
289	381	CBS	Entertainment	The Insider	CSI: Miami (CC)		CSI: Crime Scene Invstgtn.		(:01) The Mentalist (CC)		News (N)
287	379	NBC	Evening Mag.	Inside Edition	30 Rock	The Office	The Office	(:31) 30 Rock	(:01) The Listener "Lisa Says"		News (N)
602	568	W	How Clean	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Love It-List It	House
288	380	ABC	Wheel-Fortune	Jeopardy! (N)	Samantha	In Motherhood	Grey's Anatomy (CC)		(:02) Private Practice (CC)		KOMO 4 News
-	-	KVOS	M*A*S*H	Seinfeld	Breaker! Breaker! ★ (1977) Chuck Norris, George Murdock.				King	Still Standing	Scrubs (CC)
291	383	PBS	Steves Europe	Field Guide	Doc Martin "Sh ... t Happens"		Kingdom A man. (CC)		Masterpiece Mystery! (CC) (DVS)		
290	382	FOX	Two/Half Men	Two/Half Men	Bones "Fire in the Ice" (CC)		So You Think You Can Dance		News (N) (CC)		Family Guy
-	364	PBS	MI-5 "Clean Skin" (CC)		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Yankee Shop
296	654	SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
298	653	TLA	Two/Half Men	Two/Half Men	Smallville "Toxic" (CC)		Supernatural (CC)		KTLA Prime News (CC)		Friends (CC)
295	651	WGN	WGN News	Specl Rpt	Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
297	652	WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
199	311	STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld

news

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
502	390	NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
500	500	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
407	419	RSP	MLB Baseball Baltimore Orioles at Los Angeles Angels of Anaheim. (Subject to Blackout)						Sportsnet Connected (Live)		Sportsnet

sports

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
400	400	TSN	CFL Football Winnipeg Blue Bombers at Edmonton Eskimos.				SportsCentre	Nike Golf Invitational		Poker	SportsCentre
411	457	OLN	Bounty Hunter	Bounty Hunter	Departures "Cambodia"		Survivorman (CC)		Bounty Hunter	Bounty Hunter	Departures
410	403	SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score	Final Score	Final Score
417	406	SC	Wrecked (N)	Wrecked	Pimp My Ride	Pass Time	NASCAR Hall of Fame Sp.		Pinks -- All Out		Wrecked
416	409	GLF	Foot Brazil		Gol TV News	Toronto	Fútbol MLS		Gol TV News	Gol TV News	Gol TV News

family

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
552	543	YTV	Family Biz	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life (CC)		Falcon Beach "Vigil" (CC)		Mystery Hnt.
555	545	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Blade ★★ (1998, Horror) Wesley Snipes, Stephen Dorff. (CC)			
557	541	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
553	546	TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch

cable variety

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
268	354	KNO	Recreat. Eden	Into the Wild	Voyages of Discovery		Art	Lost Gods	Yousuf Karsh (CC)		On Screen
575	583	CMT	Hope & Faith	Hope & Faith	Tuckerville	Wilkinsons	Michael ★★★ (1996, Drama) John Travolta, Andie MacDowell, William Hurt.				
570	580	MM	Video on Trial	Video on Trial	One Tree Hill (CC)		Paris Hilton's My New BFF		MuchTopTens (CC)		Spotlight
600	564	H&G	House	House	Holmes on Homes (CC)		Disaster DIY	Big Amazing	Handyman Superstar		House
615	520	A&E	Crime 360 "Overkill" (CC)		Crime 360 "Snatch and Grab"		Crime 360 (CC)		Crime 360 (CC)		Crime 360
628	584	SPKE	(6:00) TNA iMPACT! (N)		4th and Long "The Rivals"		MANswers	GameTrailers	MANswers	MANswers	MANswers
521	560	TLC	I Didn't Know I Was Pregnant		I Didn't Know I Was Pregnant		I Didn't Know I Was Pregnant		I Didn't Know I Was Pregnant		Paralyzed
616	522	SHO	The Outer Limits (CC)		Love-Death	Love-Death	Storm Cell (2008, Drama) Mimi Rogers, Elyse Levesque. (CC)				House (CC)
620	523	BVO	(6:00) Housesitter (2007)		Law & Order "Over Here"		Without a Trace (CC)		I Like It Like That ★★★ (1994) (CC)		
601	562	SLC	Bulging Brides	Bulging Brides	ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
520	505	DIS	MythBusters (CC)		Daily Planet (CC)		Mega Heist Near perfect crimes. (CC)				MythBusters
522	506	HIS	NCIS "Iced" (CC)		Ancient Discoveries (CC)		Unlocking the Past (CC)		NCIS "Iced" (CC)		Ship-wrecked
627	528	SPC	(6:00) Dragon Dynasty (2006)		Stargate SG-1 "Lockdown"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
294	650	TBS	Twister ★★★ (1996) (PA) Helen Hunt, Bill Paxton. (CC)				Sex and-City	Sex and-City	(:10) Scream ★★★ (1996) Neve Campbell.		
619	525	TROP	Traders "Hope Chasers"		Inside Hollywood (CC)		Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
603	561	FN	Ace of Cakes	Ace of Cakes	Boys	The Wild Chef	Unwrapped	Unwrapped	Jamie's Fowl Dinners (CC)		Ace of Cakes
626	547	COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Comedy Now Paul Myrehaug.		Daily Show
320	621	CEN	Tracey Frgm.	(:20) Man of the House ★★ (2005) (CC)			The Line (CC)		Penn & Teller	Nurse Jackie	The Ruins
581	566	MTV	Canada's Next Top Model		MTV Live	After	The Real World "Cancun"		Canada's Next Top Model		MTV Live
261	394	V	(6:00) The Good Shepherd		Poltergeist: The Legacy		The Good Shepherd ★★ (2004) Christian Slater. (CC)				Paid Program
-	-	MUL	Banquet	Kingdom-Wind	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi	Desi Rhythms	Patrol World

critics'corner

The Office

Things take a torrid turn at Phyllis' (Phyllis Smith) Moroccan-themed office holiday party when Meredith's (Kate Flannery) hair catches fire during a drunken dance, while Dwight (Rainn Wilson) corners the market on the hottest toy of the holiday season. Steve Carell, John Krasinski and Jenna Fischer also star in "Moroccan Christmas." 8:30 PM on NBC

Supernatural

While investigating two mysterious deaths in a small town a few days before Halloween, Sam and Dean (Jared Padalecki, Jensen Ackles) discover a witch is sacrificing people to summon a dangerous demon named Samhain. Casteel (guest star Misha Collins) tells the brothers the release of Samhaim is one of the biblical Seals and will help free Lucifer in "It's the Great Pumpkin, Sam Winchester." 6 PM on WGN WPX

In brief

TV After making a name for himself in the celebrity rehabilitation genre with VH1's Celebrity Rehab With Dr. Drew and its spinoffs Sober House and the upcoming Celebrity Rehab — Sex Addiction, reality producer John Irwin is branching out with All Jacked Out, a hillbilly-themed series for CMT.

SERIES The premiere of HBO's newest comedy, Hung, was seen by 2.8 million viewers, making it the network's most-watched series debut in two years. Hung, about a well-endowed man (Thomas Jane) who becomes a hustler, was the strongest premiere for the network since John From Cincinnati, which aired in June 2007.

FILM Charlie Day, one of the stars and creators of It's Always Sunny in Philadelphia, and Christina Applegate have joined Drew Barrymore and Justin Long in the romantic comedy Going the Distance. **REUTERS**

Kenya's Style

Kenya Hunt

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If you've got it, flaunt it: Hayden

Hayden Panettiere's upcoming role in the movie I Love You, Beth Cooper will give fans a good look as she bares all, people.com reports. The 20-year-old says, "If I can't flaunt it at 20, come on! I mean I might as well show it now." METRO NEWS SERVICES

Celebrity Buzz

Saying goodbye to an angel

FINAL FAREWELL Ryan and Redmond O'Neal tearfully joined Farrah Fawcett's closest friends and family for the actress' private funeral Tuesday afternoon at the Cathedral of Our Lady of the Angels in downtown Los Angeles, people.com reports.

Fawcett's Charlie's Angels co-star Kate Jackson, along with Marla Maples, Joan Collins and Tatum O'Neal were among the 200 guests attending the hour-long Catholic service, where longtime pal Alana Stewart and Fawcett's doctor Lawrence Piro delivered the eulogies.

"Goodbye sweet girl," said Stewart. "(Farrah) never felt sorry for herself during her illness ... she fought cancer furiously."

"She's the most beautiful angel in heaven," Stewart added. "She always seemed so indestructible."

With city police and private security lining the streets, a hearse drove up just a few minutes before the funeral began. O'Neal and son Redmond served as pallbearers carrying Fawcett's casket, adorned with yellow and orange flowers.

"The funeral was really just beautiful and so sweet," Lisa Fawcett, the actress' cousin, told People. A special moment during the service came when "everyone just embraced (Redmond)," she said about Fawcett's 24-year-old son, who was allowed to leave jail and attend.

METRO NEWS SERVICES

Madonna's still got it

PROVOCATEUR A promo by Madonna for an upcoming show in St. Petersburg, Russia, is causing outrage because the star swears in the first few seconds of the taped message.

The singer starts the promo for her Aug. 2 show by saying it will be "F—in amazing" in Russia.

The promo has rattled even her local management. "We are not just amazed, it's not the right word — we are in shock," said Marianna Lubina, press representative of the PMI company, which is bringing Madonna to St. Petersburg. "Her greeting is extremely short, and will be much shorter when we cut this filthy word."

In the meantime, tickets for this concert are selling like hot cakes. Only VIP ticket — costing more than $1,000 US are left.

METRO WORLD NEWS

Lindsay staged bash for cash?

PARTY POOPER Lindsay Lohan turns 23 today, and it turns out that early birthday party she threw in Las Vegas last weekend was a lucrative one.

Lohan was reportedly paid $70,000 US to host the "pre-celebration" at the MGM Grand, according to Page Six. But some say it was just business for the actress. "None of her really close friends were there," a source says.

METRO WORLD NEWS

Anniversaries, Beckham-style

OVER THE TOP David Beckham has rented a private island to celebrate his tenth wedding anniversary with wife Victoria, femalefirst.co.uk reports.

The soccer star is keen to show the former Spice Girl how much he loves her, and has organized a romantic getaway at Sir Richard Branson's exclusive and luxurious Necker Island resort.

A source said: "David has pulled in a few favours. He has bought Victoria a lot of other gifts to mark the occasion but the big surprise is the holiday to Necker.

"Richard Branson owns the paradise island and sorted the trip out, including all the travel arrangements. It will be something to remember."

The couple — who have three sons together, Brooklyn, 10, Romeo, six, and four-year-old Cruz — married on July 4, 1999.

METRO NEWS SERVICES

Duff as McCain's daughter?

ROLE OF A LIFETIME Megan McCain, daughter of U.S. Senator John McCain, is already casting the movie version of her forthcoming memoir, even though she hasn't finished writing it yet.

"I want Hilary Duff to play me. I think she's really hot — hotter than me — but I'd still want her to play me," McCain told Gatecrasher, though she admits she isn't picky. "Really, I'd take anyone who's blonde."

McCain says she's writing the book as part political, part memoir. "It's like Primary Colors meets Tori Spelling's sTori Telling," she explained. "I want young women to actually be able to read it."

METRO WORLD NEWS

No truth to Megan-Shia buzz

OUT OF HIS LEAGUE Rumours about Transformers co-stars Megan Fox and Shia LaBeouf dating may have just been wishful thinking, since Fox has been spotted in Las Vegas with on-and-off boyfriend, Brian Austin Green, Hollyscoop reports.

METRO WORLD NEWS

Hollywood a tough gig

FAME'S FOLLIES America Ferrera struggled to cope with her overnight fame — and felt like an "outsider" in Hollywood, femalefirst.co.uk reports.

The 25-year-old actress was thrust into the public eye when Ugly Betty became an instant TV hit in 2006. Ferrera admits she found it difficult adjusting to life as a celebrity because she suddenly felt as though she was public property.

She said, "I've never spoken to a single person who knew how to handle Hollywood with ease. It's a different universe.

"You have to learn how to be yourself, but belong to so many other people at the same time and let them think what they want about you, but still know who you are. And I certainly have been in many situations where I felt like an outsider looking in."

METRO NEWS SERVICES

Bradley makes the rounds

DATING CIRCUIT Days after Bradley Cooper declared he and Jennifer Aniston are just "friends," the Hangover star went on a dinner date with Renee Zellweger, usmagazine.com reports.

The two dined in a quiet corner at Italian restaurant Antonucci on New York City's Upper East Side on Tuesday night.

At one point, Cooper took Zellweger's tea cup and smelled it and her face lit up. When Cooper spoke, Zellweger played with her hair, twisting it around her finger.

"She was grinning ear-to-ear and laughing really loud," added the onlooker. "Bradley kept moving closer to her and slouching in his seat. He was really relaxed.

"He seemed to be hanging onto to Renee's every word," said the witness. "They were lost in their own little world."

METRO NEWS SERVICES

Courtney explains weight loss

KURT DRAMA Super-skinny Courtney Love says "I know I've got too skinny" after her malnutrition diagnosis, she tells Grazia magazine. Love says it's all due to stress over millions of dollars that are missing from Kurt Cobain's estate. "You have no idea what it has been like these last few months. I need to get to the bottom of this fraud, I need answers."

GETTY IMAGES

METRO WORLD NEWS

Zap Zits

The Pimple Healer (Mario Badescu) dries out pimples overnight and helps prevent breakouts.

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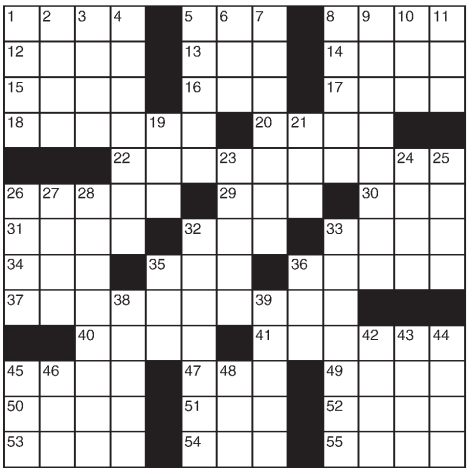

Crossword across

1 Forbidden (Var.)
5 Actress Thurman
8 Chaste
12 Unsigned (Abbr.)
13 Persona-grata link
14 A single time
15 Hexagonal state
16 Spacecraft compartment
17 Cicatrix
18 Long, harsh speech
20 Bar
22 With feet turned inward
26 Froot —
29 Little louse
30 Attempt
31 Partner in crime
32 Additionally
33 Actor LaBeouf
34 Midafternoon hour
35 Ostrich's cousin
36 Enthusiast, plus
37 Fit together
40 List-ending abbr.
41 Zurer of Angels & Demons
45 Quaker pronoun
47 Space
49 Staffer
50 Saharan
51 Hearty brew
52 Bridle part
53 Gilligan's home
54 Wire measure
55 Hardly a purebred

Crossword down

1 Lacking slack
2 Con
3 Wild porker
4 Blue
5 Let off the hook?
6 Cattle call?
7 C-3P0, for example
8 Suggest, as a theory
9 Strip
10 Nipper's co.
11 Always, in verse
19 Insult
21 Pismire
23 Boredom
24 Green land
25 Twosome
26 Set down
27 Medley
28 Salad dressing ingredient
32 Blend
33 Weapon of a sort
35 Greek H
36 Tina of 30 Rock
38 Chopin piece
39 Boutonniere site
42 Stead
43 Tend texts
44 Circus shelter
45 Skater Babilonia
46 Storefront sign abbr.
48 — Baba

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

3	8						9	5
		1	2			7		
4			3		7			
2				6		5	4	
				7				
	6	5		4				1
			1		8			9
		6			4	1		
1	4						7	3

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

U	K	E	S		E	N	D	
S	I	K	H		S	O	U	
F	W	E	R		S	I	D	E
S	I	D	E	C	A	R		
			W	R	Y		F	A
H	A	R	D	Y		S	I	D
E	L	O			T	U	X	
S	I	D	E	M	A	N		
			X	I	X		T	A
P	L	O	T	S		S	I	D
S	I	D	E	S	T	E	P	
S	K	I	N		H	A	S	
T	E	N	T		E	L	Y	

B	O	S	E					
E	V	I	L					
W	A	L	K					
G	A	L	L	S				
A	R							
D	E	B	A	R				
A	N	A						
D	A	N	D	Y				
S	I	D	E	A	R	M		
O	L	I	O					
L	O	G	O					
D	E	A	N					

5	3	2	8	6	1	7	9	4
8	9	1	4	7	2	3	6	5
6	4	7	9	3	5	1	2	8
1	2	6	5	4	7	8	3	9
4	7	3	1	8	9	6	5	2
9	5	8	3	2	6	4	1	7
2	6	4	7	9	3	5	8	1
7	1	9	6	5	8	2	4	3
3	8	5	2	1	4	9	7	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

JENNIFER TIFFIN

Moroccan Chickpea Salad

Submitted by Stephanie Ein, Montreal

INGREDIENTS:
1 stalk celery, diced
1 green pepper, diced
1 med. tomato, diced
1 med. onion or 6 green onions, diced
1 can chick peas, drained (19 oz)
1/2 cup of feta cheese

DRESSING:
2 tbsp olive oil
3 tbsp red wine vinegar
2 tbsp fresh lemon juice (about 1/2 lemon)
1 tbsp fresh parsley
1 tsp fresh mint
1 tbsp & 1 tsp dried ground cumin
Salt and pepper to taste

submitted by a Club Member!

METHOD:
Toss diced vegetables and drained chickpeas.
Stir dressing ingredients together. (Dressing will look thick and muddy). Pour over veggies and toss.

SERVES 2
PREP TIME: 20 MINUTES

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Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
If you see conspiracies at every turn you've allowed your suspicions to get out of hand. Nothing harm you — except your own negative thinking..

TAURUS
APRIL 21-MAY 21
Today you will be acutely aware of changes in your professional situation. But there is no need to panic. These particular changes are good for you.

GEMINI
MAY 22-JUNE 21
With cosmic activity in the travel area of the heavens looking a little unsettled, weigh your options carefully before booking a vacation.

CANCER
JUNE 22-JULY 22
Something has sparked you off and you intend to extract from it very last bit of fun and excitement. Just watch it doesn't cost you more than you can afford.

LEO
JULY 23-AUG 23
Forget about everything but having a good time. And if you have that good time alongside someone you love it could be one of the best days of the year.

VIRGO
AUG 24-SEPT 22
As usual you'll be on the go from dawn to dusk, but activity in the wellbeing area of your chart is a bit unstable just now, so don't take unnecessary risks.

LIBRA
SEPT 23-OCT 23
You may have to rethink an undertaking that promised so much just a short time ago. It's still promising, but be realistic about your objectives.

SCORPIO
OCT 24-NOV 22
Someone needs a shoulder to cry on and you'll try to comfort them. You might also like to point out where and why they went wrong — but nicely.

SAGITTARIUS
NOV 23-DEC 21
Whatever your responsibilities, make time for some fun and games today. Life may be a serious business but there should be time for laughter too.

CAPRICORN
DEC 22-JAN 20
Step outside what you are working on and see it from a wider perspective. There may be a better way to go about your task.

AQUARIUS
JAN 21-FEB 18
You won't want to push yourself at all today. Why should you when there are better qualified people to take care of the heavy stuff? Take a rest.

PISCES
FEB 19-MARCH 20
Something in the air alerts you that all is not right with your friends. Find out why this bubble of tension exists, then prick it so it bursts.

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5720 East Blvd.
689 Thurlow St.
3 - 1855 Burrard St.
3121 West Broadway
2748 Rupert St.
1 - 525 Seymour St.
150 - 625 Howe St.
105 - 950 West Broadway
1707 Robson St.
1092 Kingsway
10 - 3490 Kingsway

Aldergrove
310 - 26310 Fraser Hwy.

Abbotsford
Sevenoaks Shopping Centre
2 - 32915 South Fraser Way
1 - 2142 Clearbrook Rd.
401 - 2140 Sumas Way

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
214B - 4501 North Rd.
4711 Kingsway
111 - 3823 Henning Dr.
204B - 3430 Brighton Ave.

Chilliwack
Cottonwood Mall
103 - 45300 Luckakuck Way
11 - 45905 Yale Rd.
7544B Vedder Rd.

Cloverdale
201 - 17725 64th Ave.

Coquitlam
Coquitlam Centre
101 - 3278 Westwood St.
5 - 3000 Lougheed Hwy.
2700B Barnet Hwy.
22 - 2988 Glen Dr.
2 - 901 Lougheed Hwy.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
3 - 19638 Fraser Hwy.
103 - 19700 Langley Bypass
C104 - 20159 88th Ave.
19971 96th Ave.
C7 - 20202 66th Ave.

Maple Ridge
22661 Lougheed Hwy.

Mission
100 - 32670 Lougheed Hwy.
318 - 32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
127 - 1199 Lynn Valley Rd.
1295 Marine Dr.
1748 Lonsdale Ave.
1392 Main St.

Pitt Meadows
735 - 19800 Lougheed Hwy.

Port Moody
202 Newport Dr.

Richmond
Aberdeen Centre
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

Surrey
Central City Shopping Centre
Guildford Town Centre
201 - 13734 104th Ave.
135 - 12477 88th Ave.
30 - 16041 24th Ave.
1675 128th St.
108 - 7380 King George Hwy.
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Park Royal Shopping Centre
North/South

White Rock
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10 - 3189 King George Hwy.

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Aberdeen Mall (Kamloops)
Northills Centre (Kamloops)
C - 1815 Rogers Place (Kamloops)
Orchard Park Mall (Kelowna)
Spall Plaza (Kelowna)
Cherry Lane Shopping Centre (Penticton)
Pine Centre (Prince George)
Piccadilly Mall (Salmon Arm)
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Whistler
7009 Nesters Rd.

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*Based on total service disruptions and outages experienced by clients in the past year. †Applies to direct-dialled long distance calls only. Overseas calls terminating on a wireless phone or audio text facilities may be subject to higher rates. ‡Offer available until August 4, 2009 to residential clients in select locations who sign up for TELUS High Speed Internet and who have not signed up for this service in the past 90 days. Minimum bundle rate available is $40.95/month based on High Speed Lite Internet service. 911 service charges and taxes are extra. Limited time offer, subject to change on 30 days notice. **1 month of new services is available for free to clients who have not signed up for TELUS High Speed Internet in the past 90 days and will be applied to the client's account within the first 12 months of service. Minimum system requirements apply. © 2009 TELUS.